



Monthly Parent Report

December 2019 Volume 3, Issue 12

8 Natural Health Remedies for Your Child's Cold

These time-tested treatments rarely have side-effects, cost next to nothing, and use items you probably already have on hand.

1. **Honey & Lemon Juice for Sore Throat.** Lemon dries up congestion and honey provides a soothing coating. Mix together a tablespoon of each, microwave for 20 seconds until warm. Have your child swallow the mixture a teaspoon at a time.

2. **Honey for a Cough.** Honey is as effective as cough syrup at reducing night-time coughing. Opt for a variety that is raw, unfiltered and organic. Warning: Never give honey to a child younger than one.

3. **Elderberry Syrup to Boost Immune System.** Studies have found the elderberry syrup is an effective and natural remedy for colds and flus. Take it daily to boost the immune system or use it when symptoms start.

4. **Oregano Oil for Common Cold & Flu.** Oregano oil protects from the common cold, flu, cholera, chicken pox, and can reduce allergic reaction symptoms. It is effective at eliminating the symptoms of food poisoning. Buy the highest quality (with a high carvacrol concentration; 73% or higher). Give one drop in a tablespoon of honey.

5. **Cinnamon for Inflammation.** Cinnamon has great anti-inflammatory properties. Add it to your child's Oatmeal or mix ¼ teaspoon with a tablespoon of honey as a morning treat.

6. **Coconut Water for Dehydration.** Coconut water replaces the body's electrolytes and minerals and causes less stomach upset. Look for a 100% coconut water and avoid added artificial ingredients.

7. **Apple Cider Vinegar for Fever.** Apple cider vinegar is a decades-old natural fever reduction remedy. Add it to the bath water or place several drops on a warm, damp washcloth and lay it across your child's forehead.

8. **Peppermint Tea for Upset Stomach.** Peppermint has long been used to soothe stomach ailments. Serve it iced or hot. Caution: Avoid using it if the stomach ailments are coming from indigestion rather than a bug.

Adapted from 14 Natural Health Remedies for Children by Disney Princesses as Career Women, 5 Natural Home Remedies to Help Keep Your Kids Healthy by Heather Levin, and 12 Mom-Tested Home Remedies to Fight Colds & Flu by Beth Shea



Parent Reminders

- **Christmas Program**, Dec. 16, St. Mark's Lutheran Church, China Grove, 5-7 p.m.
- We will be **CLOSED Dec. 24-27** for Christmas & will close at **4 pm on Dec. 31**
- **Opt-In** to the **E-newsletter**: sra417@yahoo.com

Aiden Selves-12/1
Jordy Arbaiza-12/5
Mason Griffin-12/11
Starla Mason (staff)-12/15
Khambrel Buchanan-12/18
Paxton Edwards-12/27
Kylan Wallace-12/28
Abigail Burke-12/31
Liani Soto-Navarrete-12/31 *Crystal Oster(staff)*-12/31



Community Events

- The Winterland Express & Christmas in Village Park, Kannapolis, Nov. 30-Dec. 27 (daily), 6-10 pm
- Speedway Christmas, Charlotte Motor Speedway, Nov. 22-Jan. 5 (daily), 1-10 pm
- Scrooge's Christmas Trolley, Dec. 5-22 (Thur-Sat)
- Christmas in the Village, Gold Hill, Dec. 6-9
- China Grove Tree Lighting, Dec. 7, 7 pm
- Kannapolis Christmas Parade, Dec. 14, 6 pm
- Christmas in the Grove, Dec. 14, 5-9 pm

Pete's Post

Pete has a bit of a foot fetish. He might hug your feet if you come to pet him! But be sure to not let him in the center!

