

DAYCARE SURVIVAL BUNDLE

A HOLISTIC APPROACH TO SUPPORTING THE
FIRST FEW YEARS OF DAYCARE ILLNESS



EMMAGRACE

Naturopathy 

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MEET EMMA

Hi, I'm Emma your naturopath, nutritionist and guide to optimising your kids health

As a Naturopath and more importantly a mum of two little ones, I've been there and I know how rough it can be working and juggling those daycare calls and the endless "who's taking today off" conversations that are never fun.

I dove straight into trial and error when my daughter started daycare at 4 months old and can safely say these 4 staples that we discuss within this ebook have changed our lives. With sickness being far and few between and when they do get sick its 1 day max with a snotty nose being the only sign to deal with.

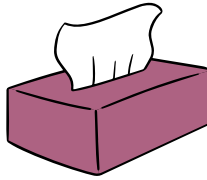
I wanted to pass on my tried and true tricks, that have helped me and my clients deal with winter/gastro/viruses in a holistic, achievable and health focused way.

The less struggle involved in raising tiny ones, the better for everyone.

If you are finding your little one or yourself are needing more assistance whether it be immune function, moods, behaviour or sleep support I'm available for 1:1 zoom consultations via the below link:

<https://www.halaxy.com/book/emma-pumfrey/location/872761>





SECTION 1:
COLDS & FLU'S

CHAPTER 1: FOOD AS MEDICINE

Tips & Tricks to Support a Faster Recovery

So your son/daughter has woken up and it's booger city, there's snot wiped all over their cheek and you are starting to get worried - what if this turns into something more?

Tip 1: Avoid mucus forming foods

Foods can contribute to mucus formation and due to some pro-inflammatory constituents that work to exacerbate the production of mucus. When mucus is actively present and your little one is sounding stuffy or rattly be cautious of and avoid where possible foods that are going to increase mucus production. This includes:

- Banana
- Dairy (Milk, yoghurt, cheese, cream)
- Sugar
- Tomatoes

Tip 2: Increasing mucus thinning foods

Warning foods can support the reduction and thinning of mucus by assisting in the breakdown and movement of mucus through the system to avoid congestion and the ability for infection to thrive when mucus is stagnant, Enjoy foods such as:

- Pineapple
- Pear
- Garlic
- Onion
- Cardamon
- Ginger

Tip 3: Increase Vitamin C rich foods

Vitamin C supports the immune defence by supporting various cellular functions of both the innate and adaptive immune system, clinically with wonderful effects such as relieve symptoms of fever, chills, and chest pain during illness . Increase foods such as:

- Citrus (oranges, kiwi fruit, lemon)
- Strawberries
- Broccoli, Brussel sprouts, cabbage
- Capsicum

Tip 4: Increase Zinc rich foods

Zinc is a powerful antioxidant, for immune function it is actively required to fight off infection and has anti-viral actions. Zinc works to stop the active replication of virus's that are present within the system which leads to control of the virus and therefore a faster recovery. Increase foods such as:

- Meat
- Legumes (beans, peas and lentils)
- Seeds (sunflower seeds, pumpkin seeds and hemp seeds)
- Nuts (almonds, cashews, brazil nuts)
- Eggs

Top Swap:

Swap your usual yoghurt pouches to Cocobella to decrease dairy intake while sick



VITAMIN C RICH BREAKFAST SMOOTHIE



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder:

Family friendly protein powder to support from every age toddler to adult



ZINC RICH PROTEIN BALLS



Sunbutter Pumpkin Protein Balls

10 servings

10 minutes

Ingredients

- 1/4 cup Coconut Flour
- 2 tbsps Vanilla Protein Powder
- 1/4 cup Sunflower Seed Butter
- 1/4 cup Pureed Pumpkin
- 1 tbsp Oat Milk (unsweetened, plain)
- 1/4 cup Hemp Seeds (for coating, optional)

Directions

- 1 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumblly.
- 2 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

Notes

- Leftovers:** Refrigerate in an airtight container for up to seven days, or freeze if longer.
- Serving Size:** One serving equals one ball, about one inch in diameter.
- More Flavor:** Add pumpkin pie spice, maple syrup and/or vanilla extract.

Hemp Seeds:

Opt for hulled hemp seeds, the nutrients are more bioavailable for absorption



CHAPTER II

Your daily preventative: Biome Kids Daily

What is it?

This is a specialised probiotic blend made just for kids. With 70% of our immune system being created within the gut using a probiotic to support a healthy microbiome population is an essential tool to support the immune system proactively and preventatively.

How does it work?

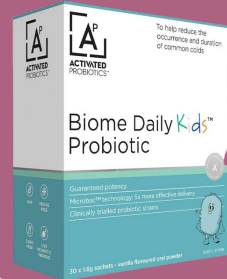
Specific probiotic strains found within this formulation have shown to enhance the function of the immune system, with a recent meta analysis showing a significant reduction of the duration, frequency and severity of the common colds and reported lower day off required from school, child care and work in that particular cohort taking them. This was based on a 12 week trial.

How should I use it?

This ideally would be used daily for your little ones in the first few years of life, the first 1000 days of our children's life are without a doubt the busiest, most exciting and important days for our children's health. The gut and immune system develop rapidly through these first 1,000 days and because of this optimising their nutrition and prebiotic/probiotic intake to positively influence the gut microbiota is so important for both immediate and long-term health. As your little one starts daycare or school, nourishing the gut and therefore the immune system long-term is a potent approach to getting long-term results, improved immune function, less sickness and a faster recovery when they do get sick.

Dosage Instructions:

Age 1-4 years: 1 sachet daily poured straight into the mouth. This powder tastes like ice-cream, your biggest fight here will be stopping them coming back for more! It can also be added into smoothies, stirred into coconut yoghurt or added to bottles.



Strain Spotlight: Lactobacillus rhamnosus GG

The probiotic strain LGG has been heavily studied in the realm of respiratory tract infections (the common cold and tonsillitis) with research showing it's ability to significantly reduce the risk of these illnesses by 38% and if they were to form during use of this probiotic strain a significant reduction in overall duration was noted.

CHAPTER III

When symptoms start: E.N.T Immune Care for Kids**What is it?**

A pineapple flavoured powdered formulation, added into water to make a juice (tastes great!) like drink. Containing key immune supportive herbs and nutrients to support your little ones immune system at the first signs of illness.

How does it work?

Containing key herbs Astragalus, Reishi, Olive Leaf and Licorice. Alongside nutrients Vitamin C, Zinc and Vitamin D3. These have been shown to relieve the severity of symptoms of mild upper respiratory tract infections, reduce the duration of colds and flu's and massively decrease the severity of symptoms experienced. Further it works directly on the mucus to calm any irritation and relieve nasal congestion to avoid blocked noses or subsequent sinus infections.

How should I use it?

At the first sign of a cold/flu, a cough a runny nose whip out this guy and add it into your daily routine until all signs of sickness have resolved. Alternatively it can be used daily over winter if you are extra worried about illness or have had a rough few months.

**Dosage Instructions:**

Age 1-4 years: 1/2 scoop once per day in 50ml of water

Age 5-12 years: 1 scoop in 100ml of water.

Use 1 dosage as per age each day when using preventatively. Double the dose when active illness begins.

Herbal Spotlight: Astragalus

Astragalus is the main superstar herb within this particular formula. Astragalus has been found within clinical research to have both antiviral and immune-enhancing properties, this works as both long-term prevention for colds and flu's as well as actively during acute onset of illness. It supports a reduction in symptoms such as sore throats, mucus membrane irritation, coughs and overall cold and flu symptoms while also working to improve recovery time.

CHAPTER IV

When a cough starts: Ki Cough & Cold Liquid

What is it?

A sugar & colour free formulation with a great berry flavour so a fan favourite of the kids. Designed to relieve the symptoms of both cold and coughs to decrease the feelings of a sore throat and persistent cough.

How does it work?

Containing Ivy leaf, Echinacea, Honeysuckle and Licorice all rolled into one therapeutic dosed formula for kids, it is a highly effective combination of herbs that have been clinically trialled to support a reduction in cough like symptoms WITHOUT suppressing the cough un-naturally which decreases overall healing time. It works to support the body in clearing mucus in the lungs, nose and throat and improves the productivity of a cough to clear the mucus and bacteria to speed up recovery and decrease that irritation.

How should I use it?

Start using this guy at the first sign of a cough, this works for both dry or wet coughs as it is supporting the body in it's natural processes while also supporting immune function overall. Continue using until all signs of cough have disappeared, this particular targeted formula means you wont need to be listening to a lingering cough for the next 6 weeks with disrupted overnight sleep because of it!

Dosage Instructions:

Age 1-4 years: 2.5ml 2-3 times daily

Age 5-12 years: 5ml 2-3 times daily

Top tip: ensure final dose is given prior to bed to settle the cough overnight.



Herbal Spotlight: Ivy Leaf



Ivy leaf has been found to contain many compounds including saponins which, via the nervous system, activate cells in the lungs to remove excess mucous. This makes it highly effective for bronchitis and coughs, making breathing for your little one while under the weather easier. It has been confirmed via research as both an effective and safe treatment of cough in children.



SECTION 2:
"MY TUMMIES SORE"

CHAPTER V: FOOD AS MEDICINE

Tips & Tricks to settle a sore tummy

Tip 1: Is it constipation?

If the complains of a sore tummy have started and you've just realised they haven't done a poo in a few days that is the first point of call to resolve. Add in 2 x kiwi fruit into their day in the form of freshly cut kiwi as a snack or within a smoothie or icy pole form if they're not a huge fan of it. Kiwi fruit has been clinically trialled at 2 per day to be effective for the relief of constipation and within clinic I find it works better than any supplement or fibre type you can buy!

Tip 2: Apples for tummy settling:

The diarrhoea and/or vomiting has started and now you're sure it's a dreaded tummy bug or maybe even gastro. What now! Start with apple, the insoluble fibre found within apple increases bulk in the stools, while the soluble fibre increases water content helping to create more formed stools. Apples when cooked then cooled further increase prebiotic content which helps the 'good' gut bacteria thrive by getting rid of toxins and reducing inflammation.

Tip 3: How to keep up hydration:

Babies and children are particularly at risk of becoming dehydrated during a tummy bug or when gastro strikes, keeping up hydration through a few useful tricks can help to prevent major complications. Include more of:

- Breast milk or bottles if still having them
- Coconut water (make into icy poles)
- Cooled Chamomile tea in a water bottle
- Hydralyte icy poles (opt for the lemonade uncoloured version)
- *Avoiding sugar based drinks such as lemonade and fruit juice.

Tip 4: Easy to digest-slow cooked foods:

When you're feeling unwell the last thing you want is a full meal let alone one that's hard to chew. When dealing with a tummy bug or recovery aim to introduce slow cooked foods first that are easy to digest and not as much work to chew and your littles might be more interested. Ideally making:

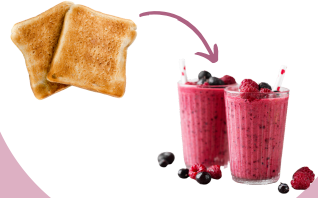
- Stewed apples
- Slow-cooked potatoes, pumpkin, sweet potato - mashed.
- Soups or smoothies
- *Avoiding fatty, raw and gluten-containing foods in recovery.

Tip 5: Prebiotic rich foods

In general, increase intake of prebiotic foods, this can be done in the form of resistant starch's. Foods such as sweet potato, rice and apples once cooked and cooled act as prebiotics that can easily be added to add to the diet. Prebiotics are essential for establishing a healthy gut microbiome as they support the helpful bacteria in the gut that is populated by probiotics.

Top Swap:

Swap that morning toast for an easy on the tummy smoothie



HYDRATING ICY POLES



Mango Coconut Popsicles

4 servings
40 minutes

Ingredients

- 2 cups Frozen Mango
- 1 cup Canned Coconut Milk (divided)

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Coconut Water:

Use coconut water instead of coconut milk when trying to re-hydrate your little ones or do a 50/50 mix to keep the creaminess!



TUMMY SETTling COOKED APPLE



Warm Apples with Cinnamon

1 serving
10 minutes

Ingredients

1 1/2 tps Coconut Oil
1 Apple (cored and sliced)
1/2 tsp Cinnamon

Directions

- 1 In a pan, melt coconut oil over medium heat.
;
- 2 Add apple slices and sauté until soft, about 5 to 8 minutes.
;
- 3 Sprinkle cinnamon over top and stir to coat evenly.
;
- 4 Divide into bowls and enjoy!

Cinnamon:

Always opt for 'True' organic cinnamon to enjoy the full benefits of cinnamon



CONSTIPATION BATTLING SMOOTHIE



Kiwi Green Smoothie

2 servings

5 minutes

Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

- No Chia Seeds: Use flax seed instead.
- No Protein Powder: Use hemp seeds instead.

Kiwi Fruit:

Where able choose 'Gold' kiwi fruit and keep the skin on! This gives you the full fibre effects and benefits



CHAPTER VI

Your Tummy Bug Fighter: SB Floractiv

What is it?

A single strain specific probiotic strain *Saccharomyces boulardii* (SB). Easy to open single capsules for easy dosing and opening to mix into food/drinks for children.

How does it work?

SB works through several different mechanisms. One of the key main actions of this particular probiotic is promoting the health and integrity of the gut lining which creates a stronger system that is less reactive to foods and pathogens. Further it has been shown that it works by interacting with the microbiome and any potential pathogens in the gut, it's particular action is that it works to 'crowd out' any bad bacteria within the system as well as binding to those pathogens to protect against symptoms. When diarrhoea is present from a bacteria or pathogen within the system the use of SB works to bind up to and remove the pathogen and therefore lessens diarrhoea or vomiting associated with it.

How should I use it?

SB can be used at the first sign of diarrhoea, I like to work preventively so if your child has done just 1 really runny, worrisome poo get them straight onto 1/2 a capsule and see how their symptoms go. If no more runny poo's you can stop treatment. However if another shows I would recommend for the next 2-3 days using SB as directed below until symptoms are fully resolved. If gastro has hit your family hard get them onto it before they show signs of symptoms on a low dose to hopefully prevent them showing symptoms.

Dosage Instructions:

Open capsule and mix into smoothies, bottles or food.

Age 2 months - 4 years

Diarrhoea: 1/2 capsule three times daily

Gastro: 1/2 capsule every 2 hours (3 capsules per day)

Extra use for *Saccharomyces boulardii*

If your child ends up on antibiotics for any reason (cuts, surgeries or infection) using this particular probiotic at the same time as the antibiotics has been shown in numerous trials and shown to reduce the incidence of antibiotic associated diarrhoea, so is extremely powerful in keeping your little ones comfortable while on antibiotics and not adding another symptom into the mix!

CHAPTER VII

Eczema Control: Soothe Eczema Cream

What is it?

Eczema flares during illness or times of low immune function are common and not comfortable for anyone! The itching can drive tiny humans crazy along (along with their parents). I have created a Herbal eczema cream that stops the itch, supports a faster healing time and promotes hydrated and supported skin to improve the symptoms of eczema.

How does it work?

SOOTHE has been created to help support your skin.

A Vitamin E based blend of soothing & nourishing herbs made in Australia. Naturopathically formulated for the relief of eczema and psoriasis. Containing key skin herbs Calendula, Gotu Kola and Chickweed.

Useful for:

- The symptomatic relief of eczema
- The symptomatic relief of psoriasis
- Supporting the healing time of the skin

How should I use it?

Apply liberally when required as many time as needed. Ideally right before bed to prevent anytime night wakes and so it can really sink in to work its magic.

Where can i buy it:

<https://www.emmagracenaturopathy.com/product-page/soothe-eczema-cream>



"I will never not have this cream in my house as a backup for my daughters eczema flares, I have tried every eczema cream out there and nothing compares"

WRAPPING IT UP

I know how hard parenting can be when your little ones are sick. While this compilation of supplements, recipes and recommendations won't cure your child from ever being sick a single day in their life again what you will see is a dramatic reduction in how miserable they are, how long it lasts and how often they get sick.

Imagine a world where your child spikes a temperature for 1 hour, wants a few extra cuddles then is back to their happy self with just a tiny lingering cough that isn't effecting their sleep at night to show for the fact they had indeed picked up a bug?

Or just 1 runny poo proving that there was indeed a tummy bug in the house but it didn't cause mayhem or end with 100 loads of washing needing to be done and an extremely dehydrated child.

I want your little ones to thrive (and you as a result!) and supporting their journey into daycare or school where the germs they encounter are more than anything their little bodies have ever had to deal with.

I'm there with you wondering what bug my 1 and 3 year old are bringing home next, but the anxiety of daycare calls, overnight wakings due to sickness and really unwell children is gone because we have a well researched and solid supplement plan and dietary plan in place as a family meaning everyone stays well and sickness is but a blip in our week during winter.

If you are finding your little one or yourself are needing more assistance whether it be immune function, moods, behaviour or sleep support I'm available for 1:1 zoom consultations see the next page



MY SERVICES

Are you looking for a naturopath to support your family? Whether it be some further immune support for your little one or if you as a parent are catching all the germs they're bringing home consider a 1:1 consultation so we can get the whole family feeling well.

Areas of health I work with:

- Skin Health (Eczema, Psoriasis, Acne)
- Immune Support (Colds, Flu's, Post-Viral Support)
- Postpartum Care
- Anxiety and Mental Health Support
- Bloating and Digestive Disorders
- Hormone Balancing (heavy periods, low libido, breakouts)

Service Fees:

- Initial Consultation \$165.00
- 45min Follow Up \$110.00
- 30min Follow Up \$90.00

What you get:

- A 1 hour thorough initial consultation via ZOOM reviewing all your symptoms and concerns alongside review of your diet and lifestyle.
- A 2-3 page PDF 48 hours post-appointment outlining all recommendations in regards to diet, lifestyle and supplements.
- Email support between consultations

Book now:

<https://www.halaxy.com/book/emma-pumfrey/location/872761>

DISCLAIMER

These products and recommendations are based on general cold's, flu's and tummy bugs. They are to be used for mild cases and as a form of prevention and control of symptoms.

If you are at all concerned about your child and their symptoms please don't hesitate to visit your local GP or Children's hospital (dependant on severity).

Symptoms of concern include:

- Temperature above 38°C
- Light is hurting their eyes
- Prolonged vomiting and diarrhoea
- Refusing to eat or drink
- A non-blanching rash

When in doubt call:

13 HEALTH
(13 43 25 84)
