



Boxes!

(And the older child...)



Children love them! Great for hide-and-seek!

Wonderful for making playhouses!

Does your child fit into one?



As I hope you will now appreciate – homeopathy is totally geared towards the individual as a unique person. We don't like putting people into boxes, but being able to identify certain characteristic categories **is** useful! By the time your child is emerging from toddler years, they are quite often expressing themselves as being predominantly one homeopathic 'constitutional' type or another.

See if you recognise your child's predominant type amongst these very brief descriptions (and no, they won't be 100% one type or the other!)

The '**Pulsatilla**' type: these children are very affectionate and like to nestle right into their mothers. Initially shy, they come in holding their hands and will look at the toy box from the comfort of mum's lap, before venturing forward. They tend to be dummy/thumb suckers for longer than other types as they have a strong need for re-assurance, and dislike being on their own. They prefer attention and like to be the focus of discussion. Pulsatilla types will explore their environment but are not persistent problem-solvers. They will quickly resort to getting help, or give up easily if help is not at hand. They may show a preference for a small cuddly bear, rather than the construction toy. Although generally likeable, Pulsatilla children can be manipulative if their wishes are not met. They are not as brave as they would like to be, for example, asking for a ride on a rocking horse, but then becoming very fearful when lifted up – making sure, once again, to cling tightly to mum.

The '**Sulphur**' type: these children are often open-faced, friendly, robust and freckly. We hear them before they arrive in the room as there may be a noisy, happy rumpus outside the door. They characteristically burst into the room ahead of their mothers and assess things quickly. They will not hesitate to dive into the toy box and will rummage through all the contents. Very soon, toys are all over the carpet, and the place looks a mess! They, however, will know exactly where everything is. They overheat easily – so often throw off layers of clothing readily (and generally dislike bathing). They are inquisitive and engage well with the toys – preferring those which are noisy. They can become a pest, fiddling with cupboards, doors and computer keys. They can be unruly and have a whiny, demanding side. Their temper can flare quickly if reprimanded. However, they generally have a twinkle in their eyes, and although cheeky at times, are quite endearing.

The '**Calc. Carb.**' type: as babies, they are fairly typical: easy, placid, chubby babies with a largish head – which tends to sweat easily, a large abdomen, and bracelets of fat around their wrists and ankles. They may reach developmental milestones somewhat later than others. These children are very accepting of situations, as they find them, and will seldom get off their bottoms to approach the toy box from a different angle. However, they will play in a self-sufficient way and are unlikely to make demands on the parent during the consultation. The older child is characteristically pale, but not

always, and sometimes with a look of anxiety in their foreheads. They are anxious about what's being said and about what will happen to them. They are sensitive, modest, friendly and basically co-operative and seldom back-chat. They re-assure themselves by doing repetitive activities and will like the security of choosing the same toys each time, and also prefer routines. Obstinacy will only usually show itself within the confines of their own family.

The '**Silica**' type: these children usually have a small, fine frame, an oval pointed face and sparse sandy hair. They are timid so will enter the room behind their mum, often clutching at her skirt to hinder progress. They stay close to mum, leaning in, rather than being on her lap, and watch cautiously. Often their behaviour is characterised by a mix of timidity and obedience. The silica child will just look at the toy box from their position next to mum. After a few moments they may move towards it, take the toy they have already espied and quickly get back to mum. They are unlikely to interrupt and will enjoy the toy quietly, but can feel resentful and grumble in unfair situations. Being quiet and sensitive, delightful children, they are often popular and will use lateral thinking to avoid the rows they hate. But the lack of assertion and the tendency to be a 'wimp' can make them prone to being bullied. They are conscientious and good about packing the toys back into the box!

The '**Ar. Album**' type: these children have a fine build and are neatly dressed. They are self-contained and will play with the toys in the box, one at a time. They tend to play quietly and constructively – certainly not diving to the bottom of the box or making a noisy mess! They are very sensitive to noise. Often play will involve arranging and organising, for example putting toys in a neat row in size order! These children are fussy about the tidiness of their bedrooms and having friends over to play who will re-arrange things presents a real challenge for them. These children, like the E-string on a violin are the thinnest, tautest and most delicately tuned of all. They are poised, well-dressed and anxious to please – exercising great self-control. They are alert to what's being said about them, and will correct any misleading impressions. This anxious, fastidious side means they often present with complaints such as asthma. Older children hover over younger siblings, criticising and correcting, saying: "No, not there. Put the toy in the right place!" They set high standards for themselves and are frustrated when others don't follow their exacting directions.

These are just 5 of the many '*constitutional types*' that homeopaths work with. I have tried to highlight those with marked differences ... and you probably found yourself nodding knowingly about your child, as you read some of them.

Very often, if the homeopath can match a remedy to both the physical symptoms that a child is experiencing as well as their '*constitutional type*', the results can be virtually miraculous! The remedy that matches the constitutional type will resonate particularly well; it is almost as though the child's body recognises itself within the remedy....

'Constitutional' prescribing is often used with children, from toddler-hood through primary school because the 'types' can be easily recognised; as we become adults, we adjust to social norms and compensate for certain behaviours, making '*constitutions*' harder to identify.

Next month: brace yourselves for : 'Puberty and the Teenage Years'!