

Making a herbal birth kit



Course booklet

This is a sample course booklet to show a snapshot of what's included in this course.

Welcome

Hello and welcome to the course,

The aim of this course is to provide you with a basics on making a herbal birth kit.

This course is an introductory level course and is really a starting point in the exciting world of medicinal plants.

Please note: This kit is complementary to mainstream pregnancy care and is not a replacement for the care of a midwife.

Safety

Herbs and medications

Herbs are often seen as 'safe' because they are natural but that is not the case, and when someone is taking medications they can interact with herbs (as well as a wide range of supplements and vitamins).

If you are taking any medication I do not recommend you take any herbs internally without first consulting a medical herbalist to check for interactions.

Herbs and particular medical conditions

In these courses we will only be looking at self limiting conditions, things that you would generally not seek medical attention for. e.g. coughs and colds.

It is important to seek medical attention when appropriate, either through a local doctor or local medical herbalist.

Herbs and pregnancy

While there are some herbs that are beneficial in pregnancy (and breast feeding) they must be strictly controlled and for that reason I recommend anyone who's pregnant (or breast feeding) to see a medical herbalist for advice before taking any herbs (internally) at any stage of pregnancy (or breast feeding). The exception in raspberry leaf tea and we will talk about that further in this course.

External preparations can be used for pregnant women but if you are ever in doubt check with a local medical herbalist.

Herbs and breastfeeding

Sign up to the course to find out more

Herbs and babies

The most important thing when using herbs for anyone, but particularly children and babies, is that you are confident in your use of the herbs and that you know when not to use them.

If you are unsure (and you are in the UK), you should ring 111 and follow the advice given. Or alternatively you should contact your local Doctor.

In emergency cases such as suspected meningitis, severe infections, convulsions, uncontrolled temperatures (etc) you should seek medical help, calling 111 or 999 depending on the situation.

If you are ever worried or unsure it is always better to get help.

These are the situations when Dr Aviva Romm recommends seeking medical help.

“Any fever in a baby under one-month old requires immediate medical attention!

- *High (a high fever is over 103.5°) or persistent fever (> 3 days) in any aged child*

- *If your child is having to work extra hard to breathe or if her breathing is fast, labored, or accompanied by unusual noises*
- *Persistent pain such as an earache, sore throat, severe headache, or stomachache*
- *Frequent vomiting or diarrhea: If your child is unable to keep down enough liquids to urinate at least once every six to eight hours, this could be a sign of dehydration*
- *Thick eye discharge that doesn't get better during the day*
- *A stiff neck, extreme lack of energy or the illness seems to be getting worse rather than staying the same for more than five days*
- *Blood in the vomit or diarrhea*
- *If your child has been exposed to a contagious disease such as mono, pertussis, measles, the flu, or has travelled out of the country recently*
- *If your treatment for a mild condition is not helping, and the condition persists or worsens, seek medical help."*

Only use herbs that you are confident in using, and if you are gathering and harvesting your own you must ensure that it is that exact plant. For example, there are some types of sage and thyme that contain poisonous essential oils that could damage young kidneys.

What is herbal medicine?

Herbal medicine is the use of plant based medicines to restore and maintain health.

Herbal medicine is the oldest form of medicine in the world, with over 80% of the world's population using herbal medicine as their only form of medicine (WHO statistic).

In the UK, herbal medicine is often seen as a 'complementary' medicine, as it can be used safely alongside orthodox medicine.

Many orthodox medicines in use today originated from medicinal plants, for example aspirin from willow bark, and digitalis from foxglove.

Medicinal plants have been used for thousands of years for health and nutrition, and modern scientific research is now starting to explain how that works. For example, Valerian has been shown to improve sleep in several studies* and is now available to buy over the counter as an alternative to sleeping tablets.

Ginkgo (Ginkgo biloba) is another herb that has been studied extensively in recent years, research has shown that Ginkgo can improve brain function in people with Alzheimer's and Dementia*.

Home pharmacy

You can find out more about how to make herbal home remedies in my free eBook [Kitchen pharmacy](#).

Using herbs in the last trimester

Raspberry leaf tea



Sign up to the course to find out more

Reducing tearing during labour

Let's jump right in there, possibly not something to put in a kit for a casual acquaintance but certainly something that is becoming more and more popular.

I'm sure many women would have been glad of something to soften their perineum in order to prevent as much tearing during labour.

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Creating a birth kit

Rescue remedy

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Using herbs during the birth

Sign up to the course to find out more

Essential oils – are they are a good idea in the birth room?



You will have probably seen room sprays in herbal birth kits but it's something that I steer away from because pregnant women can be very sensitive to scents and there's nothing worse than

having a room spray that is horrible and you can't get away from the smell of it!

So I tend to avoid room sprays, essential oil misters etc.

Post birth remedies for the new mother

Post birth bath tea

[Sign up to the course to find out more](#)

Breastfeeding tea

This is a great tea to help bring on milk supply but also to help replace some of the vitamins and minerals lost during birth.

[Sign up to the course to find out more](#)

Breastfeeding balm



A really easy to make breastfeeding balm is a calendula ointment. You can add in chamomile infused oil as well if you want it to be extra soothing.

Remedies for the new baby



Herbal baby bum wash - getting away from plastic wipes

With more and more people turning away from baby wipes due to their plastic content, more people are looking to make their own or use other alternatives.

This is a great baby bum wash that you can make up to give as a gift or use for your own baby.

Herbal baby bum wash recipe

[Sign up to the course to find out more](#)

Happy baby bum cream

[Sign up to the course to find out more](#)

What next?

Other courses you may enjoy

If you've enjoyed this course I have lots more. You can take a look [here](#).

Here are my favourite herbal mother and baby books:

- A Woman's herbal by Anne McIntyre
- Natural health after birth by Aviva Romm

You can often pick these up second hand for a couple of pounds each.