

# Outdoor Kids: Summer Herb Chart

Summer is full of fun and also can bring its share of ouchies and itchies! Here are some herbal basics to keep around and ease some common summer discomforts.

In general you'll want to have on hand about 1 oz of each of the bulk herbs, 1 oz of each tincture, and ½ ounce of each of the essential oils. Many of the herbs below are best combined in formulas for optimal effects. Store products in a cool, dry, dark place. This is a general selection of herbs that will cover most common conditions and needs.

## Bee Stings

*Before treating, remove the stinger; get medical help if child has bee venom allergy!*

**Prevention:** Don't panic or swat at bees; avoid hives

*Herbs that can help:*

- Apple cider vinegar
- Calendula oil
- Green clay
- Plantain poultice
- Tobacco poultice

## Cuts and Scrapes

*Herbs that can help:*

- Calendula oil
- Echinacea tincture
- Lavender tincture
- Yarrow tincture

## Bruises

*Herbs that can help:*

- Arnica oil

## Mosquito Bites

*Herbs that can help:*

- Aloe vera gel
- Calendula oil
- Chickweed poultices
- Green clay
- Healing salve
- Plantain poultices
- Witch hazel

## Poison Ivy

**Prevention:** Teach children to recognize and avoid poison ivy in its many forms! Upon contact with poison ivy, thoroughly wash the area as soon as possible with soap and water.

*Herbs that can help:*

- Apple cider vinegar
- Baking soda baths
- Calendula oil
- Combination of licorice (*Glycyrrhiza glabra*), Chinese skullcap (*Scutellaria baicalensis*) and figwort (*Scrophularia*) tinctures
- Green clay
- Jewelweed poultice
- Oatmeal baths
- Plantain poultice

## Seasonal Allergies

**Prevention:** Excellent diet, avoid allergens, eliminate dairy, sugar

*Herbs that can help:*

- Bioflavonoids
- Butterbur/Petasites (must be PA-free)
- Elderberry syrup
- Freeze-dried nettles
- Fresh berries
- Quercetin
- Vitamin C

## Summer Colds

*Herbs that can help:*

- Catnip tea
- Chamomile tea
- Echinacea tincture
- Elder flower and peppermint tea
- Elderberry syrup
- Ginger tea
- Lemon balm tea

## Sunburn

**Prevention:** Good quality, organic sunscreen

*Herbs that can help:*

- Aloe vera gel
- Lavender oil (diluted and used as a spray or rinse)
- Comfrey cream
- Calendula cream

## Miscellaneous Items

- Adhesive tape
- Bandages (butterfly bandages and 4" x 4" sterile gauze pads)
- Cotton balls
- Cotton swabs
- Hydrogen peroxide
- Insect repellent
- Lip balm
- Thermometer
- Scissors (small and sharp)
- Tweezers

## When to See the Doctor!

**Symptoms Requiring Medical Care**

- Allergic reactions
- Bites
- Bleeding
- Difficulty breathing
- Extensive burns
- Eye injuries
- Generalized swelling
- High fevers
- Loss of consciousness or lethargy
- Persistent infections
- Serious wounds
- Toxic exposures