Instructions for New Pediatric Patients:

Determining the proper remedy involves investigating and evaluating all the subjective and objective symptoms that your child is experiencing in the context of his/her own individual life conditions. In order to develop an accurate picture of these circumstances, and to make our time spent in consultation most effective, I request that you consider the following advice on how to most effectively report all possible symptoms homeopathically.

i. Describe in detail, the onset of the symptoms. Outline any related mental, emotional or physical symptoms and/or any external conditions that may have contributed to the present state.

ii. Outline all previous illnesses. If applicable, describe any lasting effects from these ailments. Were there any extensive therapies used in the healing of these conditions? Have there been any reactions or long-term side effects to any such therapies?

iii. Describe the location of the symptom in the body. Does it shift from one place to another?

Is it related to symptoms elsewhere in the body? Are there particular sensations associated with it? How does it feel/look/smell/taste? What makes the symptom unique, striking or unusual? If pain is involved, describe if it is a dull ache or a sharp pain, is it constant or periodic? How intense is it?

iv. Write down when the symptoms feel better or worse. Consider: the time of day, with heat or cold applications, the season, before or after eating, when moving or resting, in what body position or even during any specific mental/emotional stress.

v. Is there any affect in any way by different kinds of weather? Consider: dryness, humidity, storms, frost, cloudiness, sun exposure, low or high altitudes or being at/away from the seashore.

vi. Urination: note the colour, odour, sediment, quantity, frequency, urgency and painfulness.

vii. Stool: note the colour, odour, frequency, consistency, size and shape, pain or difficulty to eliminate, ineffective urging, blood, mucous or undigested foods.

viii Perspiration: profuse or scanty, odour, when at rest or when nervous?

ix. Body Temperature: is the child mostly warm or cold? What about the hands and feet? Any other parts? How does the child feel about bathing?

x. Sleep: Position. Does the child wake at night (when, why, does he/she fall back to sleep right away)? Is he/she feeling rested in the morning? How much bedclothes are needed? Which parts are kept covered or exposed? Are there recurring dreams or night-terrors?

xi. Is the child easy or difficult to parent? What about in school? Is there any social behaviour that is concerning or unusual? Does the child cry easily? Is there a great need for attention? Does the child like to be the centre of attention or shy away from it?