



Why Do Children See Naturopathic Doctors?

By Whitney Young, ND

Children come to see a naturopathic doctor for a variety of reasons. They come when they have an acute illness, a long standing health issue, and even when they are healthy.

Naturopathic doctors can see babies shortly after they are born. Your naturopathic doctor can assess your infant in a “well-baby visit”. We can assess your baby’s health and give suggestions about products to use such as cloth diapers and safe skin creams. Furthermore, we can help coach you during breastfeeding and also increase your milk production naturally. When it comes time to introduce foods around 6 months of age, your naturopathic doctor can help guide you to the most digestible foods to start introducing and what signs to look out for that suggest food sensitivities. Overall, we help make sure your baby is growing and developing to the best of their ability.

Children can also be seen by a naturopathic doctor for an acute illness. These are short-lived illnesses like fevers, ear infections, colds, and colic. Naturopathic doctors have many tools that help your child’s body fight these infections. We use safe, natural remedies that will reduce your child’s symptoms, make them feel more comfortable, and shorten the length of their illness.

Many infants and children also have chronic illnesses. Some examples include recurrent ear infections, eczema, mood disorders, and inability to gain weight. Your naturopathic doctor will look for the root cause of the problem. They will look for the underlying reason your child keeps having this health issue. Using our many naturopathic tools, we will support your child’s healing and work towards resolving this long-standing problem.

Overall, there are many reasons for infants and children to see naturopathic doctors. To improve their current health issues, prevent illness, and further improve their overall health.