

Toddler Sick Day Essentials

Here's what I actually reach for when my toddler's under the weather — gentle support, natural tools, and a few backups when needed. Linked below are my go-to options I keep stocked.

Earthley Products

Elderberry Elixir

- Immune support before and during illness.
- I use this daily when bugs are going around. It's packed with elderberry, echinacea, and clove to give the immune system a gentle nudge.



Feel Better Fast

- For fever, aches, and general sickness.
- One of my favs because it doesn't suppress the fever — it supports the body so the fever can do its job and move on. It helps with discomfort without blocking the healing process.



Sinus Saver

- Allergy + congestion support.
- We use this for runny noses, congestion, and seasonal sniffles. It's full of herbs that support drainage without drying everything up.



This isn't medical advice—just what's worked for our family. Always check with your provider before starting anything new.

Disclosure: *As an Earthley affiliate and earn commissions on some links shared in this guide—at no extra cost to you.*

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Amazon Products

Hyland's Kids Cough *+ Mucus Combo*

- Day & night support for congestion + cough.
- Homeopathic support that helps loosen mucus and calm coughs. We use this during colds if things start to settle in the chest.



Kids Relief Pain + Fever

- Gentle support for pain, sore throat, and fever.
- This one doesn't suppress fevers like Tylenol — instead it offers homeopathic support to help the fever move along without overdoing it.



Zyrtec Children's Allergy. *(Grape, Dye-Free).*

- Backup option when natural remedies don't cut it.
- Not my first choice, but I do keep this on hand for stubborn allergies or when other options aren't working. Always dye-free.



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Triquetra D₃ + K₂ Drops

- Daily immune support.
- Vitamin D can make a big difference during sick season, and this one is vegan, organic, and clean.



Lovebug Toddler Probiotics



- Gut support during and after sickness.
- If we've been sick, I always follow up with these probiotics to help reset the gut — especially if there's been diarrhea or antibiotics or constipation.

Boiron Arnica 30C

- Pain, bumps, and body aches.
- We use this for body aches with fevers or post-illness fatigue. Also great for bumps and bruises if your sick day gets extra chaotic.



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Want to Know More?

♥ Why I Don't Suppress Fevers

Fever is the body's natural immune response. It's not the enemy — it's actually part of the healing process. A mild to moderate fever helps the body fight off infections by making it harder for viruses and bacteria to survive. I don't panic over fevers anymore — I support the body with rest, hydration, and gentle remedies to help it do its job.¹

♥ What "Homeopathic" Actually Means

Homeopathy is a natural system of medicine that uses highly diluted substances to help the body heal itself. The idea is "like treats like" — so tiny amounts of something that would normally cause symptoms are used to gently nudge the body toward balance. It's not the same as herbs or supplements, and it's been safely used for over 200 years.²

♥ Why I Still Use Zyrtec Sometimes

I lean on natural remedies first, but sometimes — especially during peak allergy season or stubborn congestion — I use dye-free Zyrtec. It's not my favorite (and I wouldn't call it holistic), but it's one of the cleaner conventional options when I need a little backup. I just make sure to skip the versions with dyes or added sugar.³

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Want to Know More?

♥ What I Look For in Natural Remedies

Not all “natural” products are created equal. I try to avoid anything with:

- Artificial dyes
- Added sugars
- “Fragrance” or vague ingredients

Instead, I look for remedies with real, whole plant ingredients, clear sourcing, and no weird fillers — which is why I love Earthley so much. I also try to choose things that support the body, not suppress symptoms.

♥ Citations:

1. Sullivan, J. E., & Farrar, H. C. (2011). Fever and antipyretic use in children. *Pediatrics*, 127(3), 580–587.
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2. Ullman, D. (2007). Homeopathy: What does the “best” evidence tell us? *Explore: The Journal of Science and Healing*, 3(6), 381–390.
<https://doi.org/10.1016/j.explore.2007.08.001>
3. Zyrtec (Cetirizine Hydrochloride) [Drug label]. (2024). McNeil Consumer Healthcare. <https://www.zyrtec.com/products/childrens-allergy-dye-free>

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Amazon faves here:*

non-toxic meds and vitamins

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