Kiddie Calm



Not only is this a wonderful blend for upset stomach and digestive concerns but is calming for stress or anxiety relief and a mild pain reliever. The herbs are gentle enough for babies and children and can help with colic, teething, and discomfort.

Mix equal parts of the following herbs:

Spearmint
Chamomile
Lemon balm
Catnip

Make into a tea, extract or syrup.

