



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Croup Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Croup Support

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, FunctionalClinical Nutritionist, Master Herbalist

What Is Croup

Croup is a common childhood respiratory condition caused most often by a viral infection that leads to swelling around the vocal cords, the upper trachea, and the windpipe. This swelling produces the classic **barky cough**, a hoarse voice, and a sound called stridor which is a high pitched noise heard when a child breathes in.

Croup typically affects children between six months and five years because their airways are naturally smaller. Even mild swelling creates noticeable symptoms. While frightening in sound, most cases of croup are **temporary, self resolving, and manageable at home**, especially when parents understand how to support the airways and reduce inflammation.

From a naturopathic perspective, croup reflects a combination of upper airway inflammation, immune activation, tension in the laryngeal tissues, and environmental factors such as dry air. The goal is to **reduce swelling, soothe the airway, promote calm breathing, support immune recovery, and maintain hydration**.

Croup often appears suddenly at night. This is because airway reactivity increases in the early hours of sleep when cortisol naturally drops and mucous membranes dry out.

There are two general forms:

Viral Croup

The most common form, caused by viruses that irritate the upper airway. Symptoms appear quickly and often worsen at night.

Spasmodic Croup

Triggered by airway sensitivity rather than infection. Symptoms appear suddenly in the night with minimal fever and improve quickly with cool air or humidification.

Both forms benefit from similar supportive care that calms the airway and reduces swelling.

Signs and Symptoms

- Barky or seal like cough
- Hoarse or raspy voice
- Stridor, a high pitched sound when breathing in
- Symptoms worse at night
- Mild fever in viral croup
- Chest retractions in more significant swelling
- Anxiety or restlessness due to difficulty breathing



THE
SOLINGER METHOD

by Root Health L.L.C.

Common Contributors

- Viral infections
- Dry indoor air
- Environmental irritants such as smoke or fragrances
- Allergies
- Fatigue or immune suppression
- Crying which can temporarily worsen swelling
- Post nasal drip causing airway irritation



THE
SOLINGER METHOD

by Root Health L.L.C.

When to Seek Medical Care

- Stridor at rest that does not improve with cool air or steam
- Difficulty breathing or noticeable chest pulling
- Blue or pale lips
- Drooling or difficulty swallowing
- Severe agitation or unusual sleepiness
- Symptoms lasting longer than seven days
- Child under six months with breathing difficulty

Most cases of croup respond quickly to at home care. The techniques below are often very effective within minutes.

Functional Wellness Support

Immediate At Home Techniques

Cool Air Breathing

Stepping outside into cool night air helps reduce airway swelling quickly. This is one of the fastest ways to ease stridor and barking cough.

Warm Steam

Turn on a hot shower and sit with the child in a steamy bathroom for ten to twenty minutes. This soothes irritation and loosens tightness around the vocal cords.

Calm and Reassure

Crying narrows the airway further. Calm presence is one of the most effective therapies.

Hydration

Offer warm herbal teas, broths, or water. Warmth relaxes the airway and prevents dryness that worsens coughing.

Environmental Support

- Use a cool mist humidifier in the bedroom
- Increase nighttime humidity
- Remove fragrances, aerosols, and scented cleaners
- Keep the bedroom slightly cooler
- Ensure fresh air circulation

Nutrition for Immune Recovery

- Warm soothing foods such as broths and soups
- Add garlic, onion, turmeric, and ginger
- Reduce sugar during illness
- Offer soft foods if throat is sore
- Increase vitamin C rich fruits

Herbal Support

Mullein

Supports airway comfort and reduces irritation.

Thyme

Helps relax spasmodic coughing and supports respiratory function.

Marshmallow Root

Coats and soothes the larynx and upper airway.

Elderflower

Supports fever regulation during viral croup.

Chamomile



THE
SOLINGER METHOD

by Root Health L.L.C.

Reduces inflammation, eases cough, and supports nighttime comfort.

Licorice, short term

Soothes inflamed airway tissues and calms spasms.

Topical Support

Root Health L.L.C Healing Salve

Applied to the chest and upper back, this botanical salve supports respiratory comfort and relaxes tension in the upper airway. Available in the Shop section of the website.

Warm Compress on the Chest

Helps settle coughing and reduce nighttime spasms.

Steam and Hydrotherapy

- Warm steam inhalation for moisture
- Cool air exposure for swelling
- Alternating warm and cool may bring rapid relief

Pediatric Supplement Blends

Kid's Cough and Bronchial Blends

Helpful for barky coughs and nighttime symptoms.

D-Hist Jr

Useful when airway swelling is worsened by histamine or allergy reactivity.

Children's Sinus Blends

Supportive when post nasal drip is triggering nighttime airway irritation.

Pediatric Dosing Guidelines

Vitamin C



**THE
SOLINGER METHOD**

by Root Health L.L.C.

- Ages two to five, one hundred twenty five to two hundred fifty milligrams
- Ages six to twelve, two hundred fifty to five hundred milligrams
- Ages thirteen to seventeen, five hundred to one thousand milligrams

Vitamin D3

- Ages two to five, four hundred to eight hundred IU
- Ages six to twelve, eight hundred to one thousand IU
- Ages thirteen to seventeen, one thousand to two thousand IU

Zinc

- Ages four to eight, five milligrams
- Ages nine to thirteen, eight milligrams
- Ages fourteen to seventeen, eight to ten milligrams

Magnesium Glycinate

- Ages two to five, fifty to one hundred milligrams
- Ages six to twelve, one hundred to two hundred milligrams
- Ages thirteen to seventeen, two hundred to three hundred milligrams



**THE
SOLINGER METHOD**

by Root Health L.L.C.

Herbal Glycerites

General guideline, one to two drops per ten pounds, up to three times daily.

Supplement Access

A complete supplement protocol for Pediatric Croup Support is available in Fullscript under Protocols, listed by the matching condition name. A free account allows parents to access the full list of professional grade supplements and pediatric dosing.

Parent Friendly Summary

Croup in Children

Croup causes swelling near the vocal cords, creating a barking cough and sometimes noisy breathing. It often begins suddenly at night and can sound scary, but most cases improve quickly with simple home care.

Easy Home Support

- Cool night air to reduce swelling
- Steamy bathroom to relax the airway
- Calm reassurance
- Warm fluids and hydration
- Humidifier in the bedroom
- Root Health Healing Salve on the chest

When to Recheck

Seek medical help if breathing becomes difficult, if the child is very sleepy or agitated, if lips turn pale or blue, or if symptoms do not ease with cool air or steam.



THE SOLINGER METHOD

by Root Health L.L.C.