

CANADIAN

# Today's Parent

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# Lousy Luck

Bugged by an infestation of lice? Here's how some *Today's Parent* readers obliterated the pesky insects



"My daughter has had head lice every year since she started school. If an outbreak does occur, one treatment is not enough. **Do the second treatment a week later and be diligent in picking the nits.** I find that my fingernails work much better than any comb on the market. The best preventive measure is keeping the hair pulled back in a ponytail." *Carla Bergemann, Hamilton*

"My daughter had lice before she turned two so I couldn't use lice shampoo on her. I **doused her hair with veggie oil** (left on for two hours) so the nits would be easier to take out, and then sat and picked out the nits. I also cleaned my

house — washed bedding in hot water and vacuumed furniture, put stuffed toys in the dryer, etc." *Roxanne Doucette, Keswick, Ont.*

"I **check my kids' hair once a week** to catch lice early and I simply pick them out when I find them." *Jocelyn Stone, Edmonton*

"When my 15-year-old daughter contracted head lice, I was also dealing with a three-month-old baby, two other children and a partner who was home only on weekends. So I **called a company called Nitpickers** (a chain in Ontario). The lady came into the house and cleaned us all up — she checked seven peo-

ple and treated five — without using harsh chemicals. It cost \$500 and took most of an afternoon, but it was time and money well spent." *Barb Purdy, Simms, Ont.*

"I use **tea tree oil shampoo** as a preventive measure when a note comes home that someone in my child's class has lice. It does seem to repel them. I haven't had a recurrence." *Diane Cvetich, Guelph, Ont.*

*Editor's Note: Tea tree oil is an astringent and should be applied very sparingly, as overuse may cause drying of the scalp.*

"I put **Vaseline on my daughter's hair** and left it on for 24 hours. (She had an extreme case and two treatments of Nix had failed.) I covered it with plastic wrap and a hat so her pillow didn't get stained. It took several washings over three days to get the Vaseline out of her hair but, overall, we preferred this to the chemicals." *Julie Digby, Waterloo, Ont.*

"I have tried every medicinal treatment, homeopathic remedies, and home remedies like suffocating them with olive oil and mayonnaise. The only way to get rid of them for good is **manually checking and combing**, every day for around a month. You have to get every single egg. It only takes one and the problem starts again." *Name withheld by request*

"As a hairstylist, I'd like to say that too many parents think we are the ones to fix this problem. We do not. It is against health regulations. Please ask your readers **not to bring their children with lice into a salon.**" *Sharon Morgan, Edmonton* ♥

## NEXT QUESTION

### What are your best tips...

for handling kids' sick days? Send us your best Dr. Mom or Nurse Dad advice and we'll print a selection in our December issue.

Send your ideas to: [helpyourself@todayparent.com](mailto:helpyourself@todayparent.com). Please include your full name, phone number and address.

For medical advice on ridding lice, see "Bugged Out!" on p. 28, and search "lice" on [Todayparent.com](http://Todayparent.com).