



ESSENTIAL OILS AND TIPS FOR CALMING CHILDREN

While all kids can experience anxiety as they grow due to the stress of school work, social situations, or other unexpected life events, children with learning and behavioral disorders often exhibit anxious behaviors more frequently than their developing peers. This increased anxiety may be due to multiple factors like sensory processing problems, bullying, or fear that a learning disability will be noticed at school, while for others it may be a general feeling of unease. Regardless of the reason, parents can help calm an anxious child by planning ahead.



TIPS FOR CALMING A CHILD



The Power of Observation

Is your child more anxious in loud or busy social situations or does your child display a consistent level of anxiousness? Take notes about your child's behavior, his or her daily schedule, and eating habits to help you pinpoint what raises your child's anxiety.



Watch What They Eat

If you notice that your child's anxiety seems to increase after consuming certain foods, try an elimination diet to help pinpoint a potential food sensitivity. Consider nutritional testing to determine if your child has dietary or digestion issues like food sensitivities or vitamin, mineral, and amino acid deficiencies that can exacerbate anxious behaviors.



Stick to a Schedule

Create a schedule that works for the family and takes your child's anxiety triggers into account. Knowing what to expect and feeling successful can go a long way in reducing your child's anxiety.



Model a Healthy Lifestyle

By making exercise, adequate sleep, and proper nutrition priorities for your family, kids will learn to self-manage their health and mental well-being as they grow. Make sure kids get at least an hour of physical activity each day, preferably outdoors. Exercise increases oxygen needed to help brain cells thrive, thus supporting new brain connections that keep the brain operating at peak efficiency. Therefore, it will help your child feel calm, focused and get a restful night's sleep.



Try Essential Oils

Aromatherapy and essential oils have extraordinary untapped potential; research has even found that lavender oil in a room diffuser improved the communication skills of children with autism. If used carefully you may very well find that essential oils can be used to calm your child and may help to improve concentration. Enjoy the following tips to using essential oils safely and successfully and get a restful night's sleep.



ESSENTIAL OILS AT-A-GLANCE

Aromatherapy is the art of using natural essential oils to improve the balance of body and mind. Neurological anatomy shows that our sense of smell activates an ancient part of the brain called the limbic system, which is also the center of our emotions. The National Institutes of Health (NIH) provide a summary of scientific research on the beneficial effects of aromatherapy, and these research results include positive and calming effects.

A few essential oils that are generally safe for children to use in diffusers or used topically in the proper dilution:

MORNING: Clary Sage AFTER SCHOOL: Orange

WEEKEND PLAYTIME: Frankincense

NIGHTTIME: Lavendar

Calming Essential Oils

- ✓ Lavender
- ✓ Geranium
- ✓ Bergamot
- ✓ Neroli
- ✓ Sandalwood
- ✓ Ylang ylang

Essential Oils for Focus and Concentration

- ✓ Peppermint
- ✓ Rosemary
- ✓ Clove
- ✓ Cinnamon
- ✓ Basil

IMPORTANT CONSIDERATIONS

- Essential oils should almost never be taken by mouth as some of them are toxic if swallowed.
- Never apply oils directly to skin - dilute essential oils before you use them to avoid irritation.
- Don't let your child rub oil on eyes, face or other sensitive parts of the body.

ESSENTIAL OIL SAFETY GUIDE BY AGE



Never use the following essential oils on or around children in any way.
Credit: NOWfoods.com

AGE 2
& under

NOT SAFE AGE 2 AND UNDER:

Spike Lavendar
Hyssop
Peppermint
Camphor
Star Anise
Wintergreen
Eucalyptus Globulus
Eucalyptus Radiata
Marjoram (Spanish Type)
Rosemary

AGE 5
& under

NOT SAFE AGE 5 AND UNDER:

Star Anise
Wintergreen
Eucalyptus Globulus
Eucalyptus Radiata
Marjoram (Spanish Type)
Rosemary

NOT SAFE AGE 12 AND UNDER:

Wintergreen
Eucalyptus Globulus
Eucalyptus Radiata
Marjoram (Spanish Type)
Rosemary

AGE 12
& under

NOT SAFE AGE 16 AND UNDER:

Wintergreen

AGE 16
& under



HOW TO USE ESSENTIAL OILS

- Add a few drops to bathwater.
- Mix them into a container of lotion or carrier oil like coconut.
- Make or buy candles that contain essential oil.
- Use fragrance diffusers to scent a room.



DILUTING ESSENTIAL OILS FOR KIDS AND BABIES

There are no hard-and-fast rules for dilution, but these ratios are a good place to start. Use a carrier oil like olive oil or coconut oil to nourish your child's tender skin and minimize irritation. Here are our dilution recommendations: *Credit: YoungLiving.com*

AGES 0-1



8 drops carrier oil to
1 drop essential oil

AGES 2-6



3 drops carrier oil to
1 drop essential oil

AGES 7-11



1 drop carrier oil to
1 drop essential oil

AGES 12+



Full labeled
concentration

HOW TO BUY ESSENTIAL OILS

Essential oils are not regulated by the Food and Drug Administration (FDA). When children are treated, it's best to be careful; always consult with your doctor and a trained qualified aromatherapist. Inexpensive lotions, perfumes and scented candles made with synthetics will not provide any of the benefits of aromatherapy. Be sure the product you buy is clearly labeled as being a pure essential oil and comes from a reputable source.



Disclaimer: The information presented is not intended to diagnose, treat, cure, or prevent any disease. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment of specific medical conditions. Discuss this information with your healthcare provider to determine what is right for you and your family.

Brain Balance Achievement Centers is the leading drug-free program helping kids move beyond challenges to achieve greater success. This personalized program is designed to improve focus, behavior, social skills, anxiety, and academic performance. The program takes an integrative approach to strengthening the brain and its connections through sensory engagement, physical development, academics, and nutrition. Over the past decade, this comprehensive and effective program has helped thousands of individuals nationwide to improve the critical skills needed to create a brighter path for their future.

Learn more about the research supporting our program and our results: [BrainBalance.com](https://www.BrainBalance.com)