

Essential Oils

For Children and Babies



All you need to know
about using essential oils
with kids.

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Are essential oils safe for kids?

Essential oils are very powerful and potent. They can be used safely on children when diluted properly.

USING OILS SAFELY

- Always dilute oils in a carrier oil before applying topically.
- Never put oils in the eyes or ears.
- Use only high quality oils that are free from contaminants, toxins, and fillers.
- Children under 12 shouldn't take essential oils internally.

How do I use essential oils on my kids?

You can use essential oils two different ways with kids: aromatically and topically.

AROMATIC USE

- Have your child breathe the oil right out of the bottle.
- Add a few drops of oils to your hands and cuff over the child's nose.
- Add 3-5 drops of essential oil to their diffuser.

HOW DOES IT WORK

When you breathe essential oils in they go through the nasal cavity and into the limbic system. The limbic system controls emotions, memories, and stimulation.

How do I use essential oils on my kids?

TOPICAL USE

Apply topically to area of concern, bottoms of feet, down the spine, or pulse points.

Always dilute essential oils before putting them on a child. A great way to use essential oils topically is by using a roller bottle.

DILUTING CHART

Newborn-6 months: 1-2 drops

6 months-2 year: 1-3 drops

2-5 years: 3-5 drops

5-12 years: 5-10 drops

*All ratios are for a 10mL roller bottle

*Add essential oil then top off with carrier oil

Why should I use essential oils on my kids?

Essential oils have so many benefits for kids physical and mental health. Using essentials oils can save your child from all the side effects that go along with conventional medicine.

- They can have calming and relaxing effects on the body.
- They can boost the immune system.
- They can fight against infection.
- They can reduce ear pain and irritability.
- They can promote a healthy night sleep.
- They can help with skin rashes, bumps, scrapes, and bruises.
- They can help with respiratory issues and promote clear breathing.
- They can help with digestive issues.

When should I use essential oils on my kids?

Essential oils can be effective for prevention, sickness, and infections.

PREVENTION

- Apply immune boosting oils to the child before going into crowded places.
- Use antibacterial oils to wipe down grocery carts and hands.
- Diffuse essential oils when someone in the home is sick or child has been exposed.

SICKNESS & INFECTIONS

- Apply essential oils down the spine, on the bottom of feet, or to the area of concern.
- Diffuse essential oils for the child to breathe in and kill airborne germs.

Oils for Immune Support

- On Guard
- Frankincense
- Melaleuca
- Oregano
- Rose
- Lemon

What ailments can essential oils be used for?

RESPIRATORY

- Coughs
- Croup
- Runny Nose
- Allergies
- Cold/Flu

DIGESTIVE

- Tummy Ache
- Constipation
- Diarrhea

SKIN

- Rashes
- Bruises
- Scrapes
- Eczema
- Bug Bites/Stings

MOOD

- Uplifting
- Focus
- Calming

COMMON CHILDHOOD AILMENTS

- Ear Infection
- ADD/ADHD
- Hand, Foot, Mouth
- Teething
- Growing Pains
- Fever

RESPIRTORY ISSUES

- Breathe
- Frankincense
- Eucalyptus
- Lemon
- Lime
- Thyme
- Rosemary

Roller Bottle Recipe

3 drops breathe

2 drops frankincense

2 drops lime

Add oils to 10mL roller bottle and fill the rest with carrier oil.

How to Use Them:

- Dilute essential oils in a carrier oil and apply to chest and bottoms of feet.
- Diffuse essential oils in bedroom to promote clear breathing.
- Put a few drops of essential oils in a pot of steamy water and let child breathe over the water. Be careful not to burn child!

SKIN IMPERFECTIONS

- Frankincense
- Melaleuca
- Lavender
- Rose
- Geranium
- Helichrysum

Roller Bottle Recipe

3 drops frankincense

2 drops lavender

2 drops melaleuca

Add oils to 10mL roller bottle and fill the rest with carrier oil.

How to Use Them:

- Dilute oils and apply topically to the area of concern.

Oil Tip:

Helichrysum is known as "liquid stitches." Dilute one drop in 1/4 teaspoon of coconut oil and apply to wound to stop bleeding. Apply to bridge of nose to stop nose bleeds.

DIGESTIVE ISSUES

- Digestzen
- Frankincense
- Peppermint
- Ginger
- Fennel

Roller Bottle Recipe

3 drops digestzen

2 drops frankincense

1 drop ginger

Add oils to 10mL roller bottle and fill the rest with carrier oil.

How to Use Them:

- Dilute oils and apply topically to the stomach.
- Inhale oils straight out of the bottle.

Oil Tip:

These oils can be very effective for children that get car sick. Apply topically and use aromatically when traveling.

MOOD BLENDS

UPLIFTING

3 drops wild
orange
2 drops lemon
1 drop bergamot

FOCUS

3 drops
peppermint
2 drops
rosemary

CALMING

3 drops lavender
2 drops
frankincense
1 drop vetiver

CHEER

3 drops juniper
berry
2 drops myrrh
1 drop ylang
ylang

Apply these blends topically to pulse points or use aromatically in a diffuser.

Oil Tip:

Add a couple drops of lavender to a water bottle and mist sheets before bed to promote a good nights sleep.

Common Childhood Ailments

Ear Infections: Put a drop of basil, melaleuca, and lavender on a cotton ball and gently place over the ear and secure with a bandaid. Apply melaleuca and lavender around the outside of the ear canal.

ADD/ADHD: Use lavender, cedarwood, and vetiver topically and aromatically to calm and help child focus.

Fever: Make a roller bottle of peppermint and apply topically down the spine and on the bottom of feet.

Common Childhood Ailments

Hand, Foot, Mouth- Make a roller bottle of frankincense, lavender, and melaleuca to apply to sores. Use on guard topically and aromatically to boost the immune system.

Teething- Make a roller bottle of frankincense, copaiba, and roman chamomile. Apply topically on the jawline.

Growing Pains: Dilute deep blue and cypress in coconut oil and rub on child's legs before bedtime.

I love having essential oils so I feel equip in helping my children anytime they aren't feeling well.



CURIOUS about getting ESSENTIAL OILS in your home?

Watch my Free Online Class and purchase MY FAVORITE essential oils HERE: shopoils.com/laura-ascher

Feel free to contact me with any questions:

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