



SCHOOL OF COMPLEMENTARY THERAPIES

Summertime Baby and Child Care with Aromatherapy and Herbs Part Two

More Aromatherapy Tips for Children

Party time When planning a children's party use a diffuser to scent the room. Choose citrus oils like sweet orange or mandarin. They are happy yet calming scents that most children seem to love.

Citrus oils can be used as natural cleaning agents around the house. Simply add a few drops of orange, lemon, bergamot or mandarin oil to water, moisten a clean cloth with the mixture and wipe down children's rooms and school bags.

Try using witch hazel (*Hamamelis virginiana*) to ease the discomfort and heal the wound of insect bites and stings. Witch hazel is a liquid distillation of the leaves, bark and twigs of the tree *Hamamelis virginiana* which may be found on most drugstore shelves in the areas near to rubbing alcohol and hydrogen peroxide.

Insect Bite and Burns Use 1 drop of lavender essential oil in 1 teaspoon of bicarbonate of soda and mix into a paste with a little cold water. Apply as often as necessary.

Scent children's drawers containing nighttime clothing with lavender and Roman chamomile essential oils applied to cotton balls or pads. Or make little sachets with the dried herb, or simply take some of the dried herbs and tie in a handkerchief. Don't forget this works for mums and dads too! Sweet dreams!

Stinky sneakers or running shoes! Use as a base 4 cups of natural clay kitty litter. Add 20 drops sandalwood, 10 drops tea tree, 5 drops lemon, 5 drops grapefruit, 5 drops spruce and 15 drops lavender. Put it all into a glass mason jar and give it a good shake. Let the blend mature for a week. Then take four old socks and place a cup of the mixture in each and tie a knot or close with a rubber band. Put into the shoes each night! You can always refresh by adding more essential oils.

If you have children living away from home make sure they have bottles of tea tree, lavender and lemon essential oils for first aid purposes. Also, a small handkerchief with mum's perfume on it can be very comforting when a child is away at camp for the summer.

Roman Chamomile essential oil is soothing for tantrums and will also help promote a good night's sleep. I often used to give my children a small cup of the warm tea before bed to help them get drowsy. And, Peter Rabbit's mum gave him a cup of chamomile tea after he got into the Farmer's lettuce garden and overate!

Sweet Orange is known as the oil of happiness and is both warm and sunny and therefore excellent for depression, stress, tension, frustration and anxiety. Orange helps to lift the spirits and promote joy. Use in a diffuser to scent the child's room.

Mandarin is wonderful to use with children suffering from anxiety, nervousness or stress as it contains a high percentage of anthranilic acid esters which are highly sedative. Make this oil your first choice with children and be aware that it is great for adults as well.

Tangerine oil has a scent similar to Mandarin but it does not contain the anthranilic acid esters and therefore does not have the same sedative effects. If you are in doubt about using the essential oils, eat the fruit instead!

Eucalyptus smithi is the only eucalyptus essential oil that is recommended for use on children. Eucalyptus globulus which is the most common is most often rectified (which means it has been messed around with and isn't pure and natural any longer) and is therefore not suitable for children. A top note in aromatherapy, this oil is indicated in cases of chest infections, to facilitate breathing. It is also an effective analgesic.

At the first sign of a stuffy nose place 1 drop of Eucalyptus on the corner of your pillow. This may on occasions actually stop a cold from coming on. For young children always remember to use Eucalyptus smithi, a much safer oil.

Lemon essential oil has high antibacterial properties and kills germs. Keep a spray bottle handy for quick cleanups in children's playroom. Add to dishwashing liquid or any mild hand soap. Use in a spray for disinfecting the air. Its antibacterial properties are suggested to last for days!

Essential oil blends may be purchased from Emma Fairbrass info@schoolofct.com at the School of Complementary Therapies or specific blends may be made for your personal needs. Contact us with your requirements.

Of course, I have only covered a few things that can benefit from herbs and aromatherapy in the summer time. If there are other issues you would care to discuss or that require a more in-depth consultation either in person or by phone, please contact me at 613-232-4224 or Jacqueline@schoolofct.com for an appointment.