

# DISCOVER A MORE NATURAL WAY TO CARE FOR YOUR BABY!

**ABDOMINAL PAIN:** Mix 1 drop Roman chamomile and 1 drop orange with 2 teaspoons carrier oil. Add 1 teaspoon of the mixture to warm bathwater, and stir the oils into the water with your hand before bathing the baby.

**COLDS:** Diffuse 2 drops of melaleuca, lemon, or lavender at bedtime and again during the day. Mix 1 drop melaleuca, lemon, or lavender with 1 Tablespoon carrier oil; use a small amount to massage upper chest and back at each diaper change.

**COLIC:** Mix 1 drop lavender with 1 Tablespoon carrier oil. Gently massage a few drops into the abdomen, stroking clockwise to follow the direction of the colon.

**CONGESTION:** For relief during daytime hours, diffuse 1 drop lavender or melaleuca.

**COUGH:** Mix 1 drop lavender with 1 Tablespoon carrier oil. Rub a small amount on chest and back.

**CRADLE CAP:** Combine 2 Tablespoons almond oil with 1 drop lemon and 1 drop geranium. Apply a small amount of this blend on the baby's head.

**CRYING:** Place a drop of lavender or Roman chamomile on a tissue (or rub on parent's hands), and let the infant smell the oil. Do not let the baby touch the oil.

**DIARRHEA:** Mix 1 drop Roman chamomile with 1 Tablespoon carrier oil. Gently massage 2–3 drops onto abdomen, stroking clockwise to follow the direction of the colon.

**DIAPER RASH:** Combine 1 drop German chamomile and 1 drop lavender with 1 drop whole milk. Add the mixture to bathwater, and swish around with hand before bathing the baby. Keep oils away from the baby's eyes and face.

**FEVER:** Mix 1 drop lavender with 1 Tablespoon carrier oil. Apply a small amount on the bottoms of the feet, the back of the neck, and behind the ears. Cover the feet with socks so the baby won't get essential oils in his or her mouth.

**JAUNDICE:** Mix 1 drop geranium with 1 Tablespoon carrier oil. Apply to bottoms of feet and to liver area. Do not apply oils within ½ hour before or after UVA light treatment.

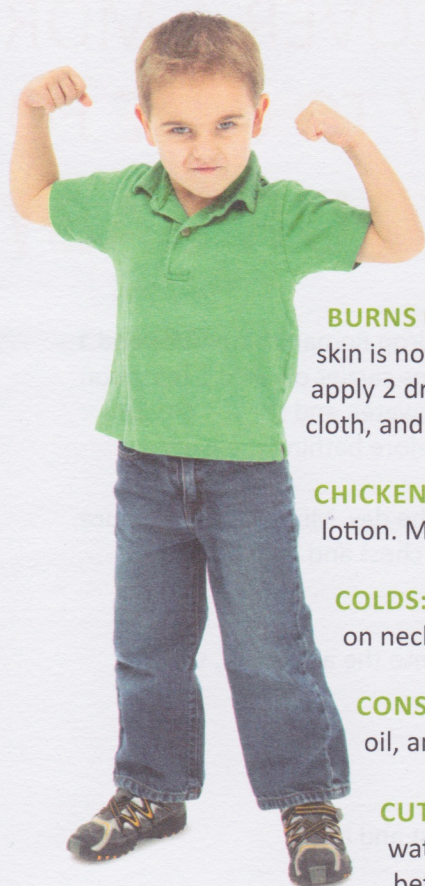
**TEETHING:** Mix 1 drop Roman chamomile or lavender with 1 Tablespoon carrier oil. Use a small amount to gently massage the outside of the face along the jawline.

**ESSENTIAL OILS MOST COMMONLY RECOMMENDED FOR BABIES:** grapefruit, lavender, lemon, mandarin, melaleuca, orange, petitgrain, Roman chamomile, tangerine, and neroli.

**Safety Precautions:** Because a baby's skin is so delicate, it is a good idea to dilute all essential oils before applying them on the skin. A good rule of thumb is to dilute one drop of essential oil with 1 tablespoon of a carrier oil such as sweet almond oil, jojoba oil, avocado oil, sunflower oil, extra-virgin olive oil, etc. Avoid diffusing very strong oils, such as cinnamon, peppermint, or oregano, in the baby's room. It's also a good idea to cover the baby's feet with socks after applying essential oils and to avoid applying oils on the baby's hands so that the oils don't end up in the baby's mouth.







# TAKE A MORE PROACTIVE APPROACH TO YOUR CHILD'S HEALTH!

**BURNS (MINOR):** Immerse burned skin in cold water for 10 minutes to cool the skin. If the skin is not broken, apply 2 drops of lavender directly on the burned area; if the skin is broken, apply 2 drops of lavender around the burned area. Then put 5 drops lavender on a cold, dry cloth, and hold it over the area of the burn.

**CHICKEN POX:** Add 10 drops lavender and 10 drops Roman chamomile to 4 oz. calamine lotion. Mix, and apply twice a day over body.

**COLDS:** Dilute 1–2 drops thyme or lemon in 2 Tablespoons carrier oil, and massage a little on neck and chest.

**CONSTIPATION:** Dilute 1–2 drops of rosemary, ginger, or orange in 2 Tablespoons carrier oil, and massage on stomach and feet.

**CUTS & SCRAPES:** Add 5 drops lavender and 5 drops melaleuca to a small bowl of warm water. Use this water to clean the cut. Then apply 1 drop of lavender to a Band-Aid before using it to cover the wound. Do not apply the lavender directly in the cut, as this will cause it to sting.

**DRY SKIN:** Dilute 1–2 drops sandalwood in 2 Tablespoons carrier oil, and apply a small amount on location.

**EARACHE:** Combine 2 Tablespoons carrier oil with 2 drops lavender, 1 drop Roman chamomile, and 1 drop melaleuca. Put a drop on a cotton ball, and apply in ear, behind the ear, and on reflex points on the feet.

**FEVER:** Dilute 1–2 drops of lavender or peppermint in 2 Tablespoons of carrier oil, and massage a small amount on the neck, on the feet, behind the ears, and on the back.

**FLU:** Dilute 1 drop cypress or lemon in an unscented bath gel, and use for a bath.

**INSECT BITES:** Add 5 drops German chamomile and 5 drops lavender to a small bowl of cold water. Soak a cloth in the water, and then hold the cloth over the insect bite for one minute.

**SUNBURN:** Mix 5 drops lavender with 1 teaspoon aloe vera. Apply over sunburnt area.

## **ESSENTIAL OILS MOST COMMONLY RECOMMENDED FOR CHILDREN:**

*cypress, frankincense, geranium, ginger, lavender, lemon, marjoram, melaleuca, orange, rosemary, sandalwood, thyme, and ylang ylang.*

**Safety Precautions:** It is a good idea to dilute all essential oils before applying them on a child's skin, so as to avoid any possible skin irritation. The recommended dilution is one drop of essential oil with 1 teaspoon of a carrier oil such as sweet almond oil, jojoba oil, avocado oil, sunflower oil, extra-virgin olive oil, etc. Keep oils out of children's reach. Young children should not ingest essential oils.

