



dōTERRA® | eBooks

Essential Oils and Children

Introduction

Benefits for the Whole Family

Many parents wonder if essential oils are safe to use with their children. Once you've personally experienced the power of essential oils, incorporating them into your lifestyle and daily routine is the natural next step, and for many people, the daily routine includes children.

Are essential oils safe to use with children? The simple answer is yes! But certain safety guidelines and recommendations should be considered when doing so. Because children are smaller and more sensitive than adults, the rules of essential oil usage are different. Also, the issue of purity becomes more important than ever. Only use essential oils you know are completely pure with your children.

In this eBook, you'll learn the dos and don'ts for using essential oils with children. We'll discuss important topics like diluting dosage amounts for essential oils, how to adapt application methods, using essential oils during pregnancy, and more.

Once you've learned the specific safety guidelines for using essential oils with your children, it's easy to help your kids reap the benefits they have to offer. If your children have any health conditions or concerns, consult with your physician before using essential oils.

When you're equipped with the proper knowledge and practices, you'll find that essential oils will become a staple in your home and safe for the entire family.



Chapter one

Using Essential Oils with Your Children

Are Essential Oils Safe?

Historic Use

Parents who are new to this topic should know essential oils and plant parts have been used for centuries to promote wellness. They aren't a new fad or trend; they're a tried-and-true solution for many of life's everyday problems. Families in ancient Egypt used plant extracts and essential oils for everything from cooking and beauty treatments to embalming and religious ceremonies. For countless years, families in China have continued practices that promote wellness with plant extracts and materials. Plant extracts and essential oils were major staples in ancient Roman households, as plant parts were used for their fragrances and calming aromas. After so many years of safe use, parents can rest easy, knowing essential oils have been shown across time to be safe and effective.



Essential Oils Are Present in Many Products You Use

Because essential oils are naturally occurring compounds found in plants, they're a popular ingredient for many commercial products. Essential oils are often used in perfumes, soaps, candles, lotions, and skin care products to add fragrance. Because of their powerful purifying properties, essential oils are also frequently added to cleaning agents. Chances are you already have products in your home that contain essential oils. The benefit of using pure essential oils on their own is you can avoid the harmful toxins and chemicals that are often added to household products.

Because they're taken from plants, essential oils are also found in many foods you regularly eat. Small amounts of them can be found in many fruits and plants that are part of your regular diet. This means your body is already equipped to process essential oils internally. Though the internal dosage for a child is far smaller than an adult's, your children have most likely already been exposed to some amount of essential oils just through their diets and household products.

Essential Oils Are Natural and Safe When Used Properly

High-quality essential oils are pure, potent, natural, and safe when used properly. As with anything you use on your body, certain guidelines can help you stay within the perimeters of safe use. Even seemingly harmless substances like water can be damaging to the body when used in excess. Essential oils are the same way. If you educate yourself about proper usage, you can safely and effectively use essential oils on yourself and around your family. Just as you wouldn't allow your children to eat or drink something or rub something on their skin without knowing what it is or what it does, the key to safe usage is to education.

High-Quality Essential Oils Are Tested to Ensure Safety

Before you use essential oils on yourself or your children, you need to understand that not all essential oils are created equal. High-quality essential oils go through rounds of rigorous testing to ensure they're pure and safe to use. Not all companies use thorough testing methods, and many supposedly pure products contain synthetic fillers, which alter their efficacy.

Every batch of dōTERRA® essential oils is put through multiple testing processes to check and recheck for contaminants, potentially harmful substances, and any other components that could compromise safety and quality. You should only use essential oils that have been carefully produced and thoroughly tested to ensure purity—for you and your family.



We'll discuss proper application, dosage, and other safety guidelines in more detail in the following chapter.

Chapter two

Safety Guidelines

As a parent, you need to remember that the rules for essential oil usage with children are different than those for adults.

By observing specific guidelines when it comes to dosage, dilution, application, storage, and more, you can help your children safely enjoy the benefits essential oils have to offer. Here are some basic instructions to follow when using essential oils on or around children. Each of these rules will be covered in greater detail in this chapter.

Rules for Using Essential Oils with Children

- 1 Always supervise children during essential oil usage.
- 2 Always give children a smaller dose of an essential oil than you'd give adults.
- 3 Dilute essential oils before using them with children to reduce the risk of sensitivity.
- 4 Avoid any sensitive areas during essential oil application.
- 5 Beware of sunlight exposure after topically applying citrus oils.
- 6 Consult with a healthcare professional before allowing children to take adult supplements.
- 7 Always store essential oils in a safe place that's out of the reach of children.
- 8 Educate yourself as a parent, reading labels and manufacturer recommendations.
- 9 Talk with your children's physician before using essential oils, particularly if any health concerns exist.



Supervision

Perhaps the most important safety guideline when it comes to essential oils and children is ensuring your child only uses them under adult supervision. With young children, you should be the one to apply the essential oils. With older children, you should always be present during usage.

Essential oils are extremely potent and powerful, so teach your kids about safe usage. Many children don't fully understand concepts like dosage, dilution, and sensitivity, so even if your children are used to essential oils and know how to apply them, you should still supervise to ensure safety.

Dosage

Because children have smaller body masses, have more sensitive skin, and are still developing, their dosage level of essential oil should always be smaller than an adult's level. Essential oils that are pure are incredibly potent, so you'll only need a small amount for them to be effective for your children.

When using essential oils with your kids, start small—less than what you'd use on yourself—and then give your children ample time to experience the benefits of the essential oil before applying more. If you have any specific health conditions or concerns, consult your family physician.

Dilution

Many parents are concerned about topical use of essential oils with children because of sensitive skin. The best way to protect a child's delicate skin when using essential oils topically is to dilute before application. Diluting an essential oil with a carrier oil like Fractionated Coconut Oil before applying it to your children's skin will help reduce the risk of sensitivity.

If you don't have Fractionated Coconut Oil on hand, another carrier oil like avocado or jojoba oil will work well too. You can even dilute an essential oil in lotion or body butter.



Sensitivity Testing

When trying a new essential oil with your children, consider doing a simple sensitivity test to ensure it doesn't cause any irritation. To perform this test, simply dilute the essential oil you want to use and apply it to a small, insensitive area on a child's skin—the bottoms of the feet are usually the best place. Observe the area for a few hours to give yourself the chance to see how your child's skin reacts to that essential oil.



Sensitive Areas

Along with sensitivity testing, you can help your children avoid irritation by not applying essential oils to sensitive areas. Some examples of sensitive areas include the eyes, skin around the eyes, inner ears, inner nose, and injured or damaged skin. Remember, a child's skin is more delicate—and absorbent—than an adult's skin, so always use less essential oil and more carrier oil than you would on yourself.



Sunlight Exposure

Some essential oils—particularly citrus oils—can cause sunlight sensitivity if exposed to sunlight after being applied on the skin. Children often love spending time outside, so consider how much time yours will be spending in the sun over the next 12 hours and determine whether the essential oil you'd like to apply includes any caution for sunlight sensitivity. Usually, the essential oils that present a risk are citrus oils, but you should always check the label. If an essential oil or related product includes this kind of warning, avoid sunlight and UV rays for at least 12 hours after application.

One of the easiest ways to work with topically applying any essential oil with a sunlight sensitivity warning is to use it in the evening. Another work-around is to apply it to an area of the skin that will be protected by clothing or shoes. With a little planning or creativity, there's no reason you can't use citrus oils topically with your children safely.



Essential Oil Supplements

Supplements with pure essential oils can be extremely beneficial for adults; however, children shouldn't take such supplements unless they've been designated as safe for children. Thankfully, many dōTERRA® supplements are designed specifically for children. Kids can reap the benefits that essential oil supplements offer and even take some adult supplements when they're designated as safe for the whole family.

Before giving your children any supplement, read the labels or instructions to ensure it's appropriate for them. If you have any questions about giving your children a supplement of any kind, consult your healthcare provider.

Storage

One of the most effective ways to ensure safe use of essential oils with your little ones is to practice safe storage habits. Generally, essential oils shouldn't be stored in direct sunlight or anywhere they'll be exposed to heat, as doing so can potentially damage the delicate chemical profile of the essential oils and even detract from their benefits. And always keep your pure essential oil products out of the reach of children.

Essential oils smell amazing, and to many kids—especially younger ones—they look like fun! Teaching your children about essential oils and how to use them safely will go a long way, but it's still best to store your collection in a place where it can't be accessed by children without your assistance. The same is true for diffusers, which should be in a safe area that children can't reach or easily knock over.

You should know one more thing about essential oil storage in a home with kids. Many essential oil bottles come with an orifice reducer, which allows only a small amount to be released at a time. Some people remove the orifice reducer to blend essential oils together or for convenience, but if you're going to remove it, always replace it promptly. The orifice reducer can limit the amount of essential oil your children can access if they were to find a bottle.



Educate Yourself

As with anything you give your children—food, medicine, treatments, topical products, and so on—the best way to safely use essential oils on or around them is to educate yourself as a parent. If you're new to essential oils, take the time to learn about how they work and what practices exist for safe usage. Once you've learned how to properly use essential oils yourself, you'll be better equipped to share their benefits with your entire family—including your children. In addition to learning proper essential oil application methods, always carefully read warnings, labels, cautions, and distributor instructions.

As a parent, you set an example for your children when it comes to safe, proper use of essential oils in the home. By combining your knowledge with guidelines provided by the manufacturer, you can give your children many safe and enjoyable essential oil experiences.



Medical Professional Consultation

Consulting with a healthcare professional about essential oils applies to both parents and children. This guideline is even more important if you or your children have specific health concerns.

Each person has a different health history, and certain conditions may change the way you use essential oils. By consulting with your children's physician before using essential oils, you're more prepared for any special conditions that may inform how you use them in your home.



Chapter three

Uses and Applications

With a solid foundation of safety guidelines for using essential oils around kids, it's time to learn about some of the most effective application methods for them. While children can enjoy essential oils in many of the same ways as adults, with proper dilution and dosage, children have plenty of essential oil usage options that are unique to them.



Here are some of the top essential oil uses for kids and families:



- During homework, diffuse **Basil** or **Coriander** essential oil in your children's study space for a supportive, fresh, and clear aroma.
- Before your next family hike, dilute **Cedarwood** or **Citronella** essential oil and apply it to the wrists and ankles to repel insects naturally.
- Before your children go to bed, apply one drop of **Clary Sage** or **Lavender** essential oil to their pillowcases for a calming aroma as they prepare for a restful night of sleep.
- To promote feelings of clear breathing and open airways, dilute **Eucalyptus** essential oil and apply it topically to your children's chests and backs. As they breathe deep, the essential oil will provide an invigorating vapor.

- When your children feel overheated, add a drop of **Peppermint** essential oil to a cold-water compress or a cold foot bath to help them cool down.
- To help with occasional skin irritations, dilute **Tea Tree** or **Frankincense** essential oil and apply it to your children's affected areas.
- During long car rides or road trips, diffuse **Ginger** or **Spearmint** essential oil in the car or place a drop of Ginger in your children's palms and have them inhale the aroma.
- Add **Lavender**, **Sandalwood**, or **Vetiver** essential oil to your children's baths or dilute and massage it into your little ones' feet for a relaxing, soothing experience.
- Harness the calming aroma of **Marjoram**, **Roman Chamomile**, or **Frankincense** essential oil by diluting and applying to your fussy children's feet or the backs of the neck before naptime to promote a peaceful atmosphere.
- During your children's nighttime routine, dilute one drop of **Cinnamon Bark** essential oil in four ounces of water and have them gargle the mixture for a cleansing mouth rinse.



- After your children's six-month cleaning at the dentist, add one drop of **Clove** essential oil to their toothpaste to help maintain a clean mouth.
- If you have teenagers who want soothing skin support, add a drop of **Grapefruit** or **Juniper Berry** essential oil to their facial cleanser or moisturizer. (Avoid sunlight or UV rays for at least 12 hours after applying Grapefruit.)
- Whether your children play soccer, football, lacrosse, hockey, or any other sport, keep unpleasant odors away from their gear by putting a few drops of **Wintergreen** or **Arborvitae** essential oil on a cotton ball and placing it in their practice bag.
- If your children crave sugary juices or sodas, add a drop of **Lemon** essential oil in a glass of water for a fresh and flavorful beverage. (This can also be done with **Lime**, **Grapefruit**, **Wild Orange**, and other citrus oils.)



Aromatic Use

Along with the essential oil uses for children listed we just discussed, one of the simplest and safest ways to help your kids experience the benefits of essential oils is through aromatic use. By diffusing essential oils in your home, you can create an invigorating, calming, relaxing, or uplifting atmosphere for your family. Diffusing essential oils can also help clear the air in your home when you want to dispel unwanted odors or enjoy a clean, fresh scent.

Essential oil diffusion is a simple way for the entire family—adults and children—to experience the powerful benefits of essential oils. And you can do so without worrying about dosage or dilution.



Helping Children Use Essential Oils

It's no secret children can be picky. Whether your child is particular about tastes, smells, or routines, this rigidity can make it difficult for them to enjoy the benefits of essential oils in the same way as adults. However, you have a few fun ways at your disposal of getting children to enjoy essential oils, no matter their personal preferences.

Cooking with Essential Oils

If your little ones are selective about taste, texture, or smells, you can add essential oils to their favorite foods, beverages, and treats to help them experience certain benefits. Essential oils can add flavor to beverages, baked goods, breakfast foods, and more. And most of the time, no one will even notice the difference. Remember, essential oils are potent, so it doesn't take much to add a burst of flavor—just one drop will usually do the trick. You can also use a toothpick to start with even less and add more as you go.

Smoothies and Yogurt

If your kids like drinking smoothies or slushies, add a drop of an essential oil that's been approved for internal use to their favorite blended beverage. Wild Orange and Tangerine are excellent additions to smoothies and add deliciously fresh flavors to yogurt as well.

Baked Goods

Essential oils can add extra flavor to your children's favorite cookie, brownie, or bread recipes. Add Peppermint to your next batch of brownies, Lemon or Lime to sugar cookies, or Rosemary to your homemade rolls.

Dips, Salsas, and Sauces

If your kids enjoy hummus, salsa, or other dips with after-school snacks, you can easily add a drop of essential oil to the mix and give their favorite dipping sauces some extra flavor. Cilantro, Black Pepper, or Coriander each add a delicious twist, depending on the snack.

The following recipe for black bean brownies with Peppermint essential oil is the perfect example of a fun way to use these pure gifts of the earth when cooking for or with your children.



Peppermint Black Bean Brownies

Ingredients:

- 1 (15-ounce) can black beans, drained and rinsed
- 2 large eggs
- ¼ cup cocoa powder
- ⅔ cup honey
- ⅓ cup coconut oil
- ½ teaspoon baking powder
- Pinch of salt
- 4 drops Peppermint essential oil
- ¾ cup chocolate chips, divided

Instructions:

1. Preheat the oven to 350°F.
2. Place all the ingredients, except the chocolate chips, in a blender or food processor and blend until smooth.
3. Pour the batter into a large bowl and stir in ½ cup of chocolate chips.
4. Pour into a greased 8 x 8 pan and top with ¼ cup of chocolate chips.
5. Bake for 30–35 minutes or until a toothpick comes out clean.

For a simple and healthy breakfast, try making this wild tropical fruit smoothie for your kids.

Wild Tropical Smoothie

Ingredients:

- 5 drops Wild Orange essential oil
- 1 cup strawberries, frozen
- 1 cup mango, frozen
- 1½ cups pineapple juice
- Large handful of spinach (optional)

Instructions:

1. Combine all the ingredients in a blender.
2. Pour and enjoy.



Essential Oil DIYs

Another effective way to use essential oils with your children is by getting creative with do-it-yourself projects. You can use essential oils for crafts, to create aromatic jewelry, during bath time, and more.

These confetti bath bombs provide an engaging way for children to enjoy the benefits of essential oils during bath time.

Essential Oil Bath Bombs

Ingredients:

- | | |
|--------------------------------|---------------------------------------|
| 1 cup baking soda | 10 drops essential oil of your choice |
| ½ cup cornstarch | Sprinkles |
| 1 cup citric acid | Food coloring |
| ½ cup Fractionated Coconut Oil | |

Instructions:

1. Place the citric acid, baking soda, cornstarch, and Fractionated Coconut Oil in a bowl
Note: Citric acid can be found in most supermarkets in the canning section.
2. Add your essential oil of choice. (Lavender, Wild Orange, Clary Sage, Citrus Bliss®, or dōTERRA Serenity® all work well.)
3. Mix well until a soft dough forms, with the consistency of mildly damp sand that holds together when pressed. (If the mixture is too wet, add baking soda and cornstarch.)
4. Add the food coloring and mix until the color is evenly distributed.
5. Press the mixture firmly into a silicone mold and sprinkle the top with your favorite party sprinkles. Let it dry for 24 hours before removing from mold. (If you don't have a silicone mold, cupcake liners will also work.)

And the bath bombs are ready! Just place one in a tub full of water and let it dissolve completely.

If you want to help playtime be even more fun, try making some essential oil play dough.

Essential Oil Play Dough

Ingredients:

- 2 cups flour
- 2 cups colored water
- 1 cup salt
- 1 tablespoon olive oil
- 1 teaspoon cream of tartar
- 5 drops essential oil of your choice

Instructions:

1. Combine all the ingredients, except the essential oils, in a large saucepan and stir until combined.
2. Once combined, place over medium heat. Using a spatula, continue stirring the ingredients together until a ball forms.

Note: Don't overcook, as it'll lead to dry play dough.

3. Remove from heat and cool on parchment paper.
4. Once cool, add five drops of your favorite essential oil and knead until thoroughly combined.



You're done! Store in an airtight container in your refrigerator for months of fun.

Chapter four

Essential Oils and Pregnancy

People have asked if it's safe to use essential oils during pregnancy. The answer is generally yes, but with a few precautions.

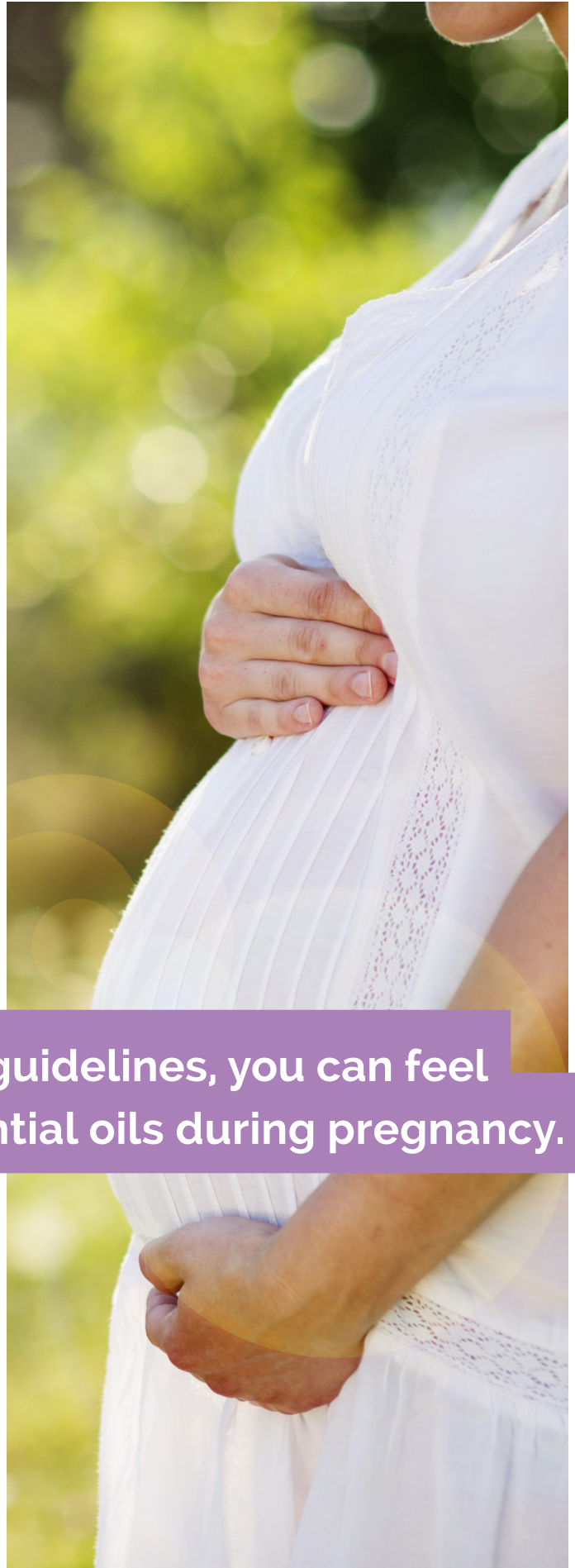
Just as it's wise to modify essential oil usage for children, modifications must be made when using them during pregnancy, breastfeeding, or other special circumstances.

Using Essential Oils during Pregnancy and Breastfeeding

Essential oils can help maintain a healthy bodily routine, support the immune system, soothe feelings of discomfort, and more.* With such powerful benefits, essential oils are useful and effective during any phase of life, even pregnancy.

By following proper safety guidelines, you can feel confident while using essential oils during pregnancy.

While pregnant, the body goes through a wide range of changes. These changes often bring feelings of discomfort and sensitivity. Every pregnancy is different, but the goal is always to support the healthy, proper function of the entire body. Along with good nutrition and regular exercise, essential oils can be used during pregnancy to provide support.



Talk to Your Physician

Even if you've previously used essential oils without incident, you should still inform your physician of any essential oil products, including cosmetics and supplements, you plan to use during pregnancy and breastfeeding. Your doctor knows you, your specific health concerns, and the status of your pregnancy. Each pregnancy is different, and your doctor is the best resource available for any safety measures you should take, based on your personal health and the health of your baby.

Because of the ethical issue of testing expecting mothers and their fetuses, limited clinical studies address the safety of essential oils during pregnancy. However, we can rely on a history of safe use to determine which essential oils to use while pregnant.

Other Safety Guidelines

With all the changes a body goes through during pregnancy, it's not uncommon for a woman to become more sensitive to essential oils. You might consider adapting the amount of essential oil you use or which application methods you employ to help with any sensitivities that arise. Diffusing is a great option because you can quickly and easily turn off the diffuser if you find an aroma unpleasant. When using an essential oil topically, you can increase dilution to reduce any sensitivities.

As mentioned before, it's important to remember that not all essential oils are created equal. You should only use pure essential oils—those free of adulteration or contamination—during pregnancy. When used appropriately, such high-quality essential oils are a safe option for pregnant women.



Which Essential Oils Are Safe to Use during Pregnancy?

Once you've talked with your physician, you can start safely using essential oils while pregnant. The following are a few ideas of how essential oils can be helpful during this transformative stage of life.



Essential Oils for Occasional Morning Sickness and Digestive Issues

- **Peppermint** and **Cardamom** essential oils can alleviate occasional stomach upset when taken in a Veggie Cap or added to water.*
- **Spearmint** essential oil offers many of the same benefits as Peppermint, but it serves as a milder option to help with sensitivity or stomach upset that occurs during pregnancy.*
- **DigestZen®** Digestive Blend provides a healthy, natural way to soothe stomach upset.*



Essential Oils for Occasional Heartburn

When you experience heartburn while pregnant, consider using products that balance acid levels in the stomach. **DigestTab®** Chewable Tablets are infused with the DigestZen tummy tamer oil blend, which delivers essential oils that support digestion, as well as the acid-neutralizing benefits of calcium carbonate.* Calcium carbonate helps maintain stomach acid balance to help you deal with the discomfort that comes from heartburn and indigestion.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Essential Oils and Massage for Back Discomfort

Massaging soothing essential oils and blends on the lower back can help when experiencing back discomfort. If discomfort in the legs or feet arise, use the **AromaTouch®** Massage Blend on the lower extremities to assist these problem areas.



Essential Oils for a Better Sleeping Environment

Good sleep and rest are of paramount importance during pregnancy. Diffusing calming essential oils like **Roman Chamomile, Marjoram, Lavender,** and **Sandalwood** promote a relaxing atmosphere that's ideal for achieving a good night's rest. On top of diffusion and aromatic use, these essential oils can also be applied topically or used internally when appropriate to promote quality sleep.

For creating a restful environment during pregnancy, try any of the following suggestions.

- Place a few drops of **dōTERRA Serenity®** Restful Blend on your blankets or pillows at night.
- Diffuse essential oils with calming aromas for 30 minutes before going to bed.
- Add one to two drops of **Lavender** essential oil to a cup of hot water with honey for a relaxing tea to help you unwind at bedtime.



Essential Oils for Healthy-Looking Skin

A pregnant body is ever-changing, which includes changes to the skin. As the body works to keep up with a growing fetus, the skin can often become stretched and taut. Another challenge that quite a few women experience during pregnancy is an increase in the skin's oil production. Thankfully, many essential oils help reduce the appearance of oily skin and blemishes, as well as beautify the skin.

Incorporate the following essential oils into your skin care routine during pregnancy.

- Frankincense
- Helichrysum
- Grapefruit

With the final recommendation above, remember to avoid direct sunlight or UV rays for at least 12 hours after using it or similar citrus oils on the skin.





Using Essential Oils during Labor and Delivery

As essential oils promote an uplifting and calming environment, they can be extremely useful during labor and delivery. You can use them to create a more pleasant or positive experience.

- Massage **Black Pepper** and **Basil** essential oil that's been diluted with Fractionated Coconut Oil on the lower back to ease discomfort during labor.
- Combine **dōTERRA Balance®** Grounding Blend and **Wild Orange** essential oil for an especially effective blend during delivery, as they can help create a grounded and positive atmosphere.
- Use the **AromaTouch®** Massage Blend topically for a comforting and relaxing massage. This oil blend, when combined with massage, is especially helpful for soothing areas of tension when applied to the back and shoulders.
- Create a calming atmosphere with **Clary Sage** essential oil, like when contractions get intense. Consider blending it with other essential oils that also have a calming aroma, like **Lavender**.



Is It Safe to Use Essential Oils While Breastfeeding?

The body changes significantly during pregnancy, and these changes don't end with the birth of the baby. Your body will continue to change as you adapt to post-partum life. Just as you should discuss the use of essential oils with your doctor before using them while pregnant, you'll also want to consult with your physician when you begin nursing.

Your family doctor really is the best resource and source of advice when it comes to your body, your baby, and any special concerns you might have. It's important to discuss your essential oil use with your healthcare professional when you become a nursing mother.

Like pregnancy, breastfeeding places a lot of demands on a mother's body. When nursing, the goal is to maintain a strong, healthy body that can support a newborn. With help from your doctor, you can use essential oils and related products that support the whole body and your overall wellness.



Conclusion

Help Your Children Reap the Benefits of Essential Oils

Essential oils can be enjoyed by everyone. By adapting application methods and adhering to safety precautions, you can share your favorite natural products with your children and watch them enjoy the benefits you love and rely on so much.

By educating yourself as a parent, you're preparing the way for your family and children to have positive experiences with essential oils, now and in the future. Set an example of responsible, effective use in the home so your kids can come to love essential oils and benefit from them.

*Are you ready to continue your essential oil journey?
Visit [doterra.com](https://www.doterra.com) to learn more.*