

Essential Oils 105: Kids Class

By Young Living Diamond Sarah Harnisch

Slide 1: Kid's Class

Welcome to the 105 Kids Class! I am so excited to have you here! My name is _____, and I have been using Young Living since _____. I'll be handing out Contact Me cards as we kick this class off so we can customize the aromatherapy training directly to your needs. You'll walk out of this class with a completely different perspective about how to care for your family, your little ones, and why it's critical to kick unclean ingredients to the curb. This class centers around the Young Living KidScents line. Let's dive in!

Slide 2: My Oils Story!

(Tell your oils story here!)

Slide 3: It's All About Discernment! Why is this the Main Goal?

Moms and Dads are faced with decisions every single day (both big and small)! Some are out of your control. Unfortunately, there is no manual to follow or a chemistry degree that will teach you all you need to know to make sense of everything out there! The key is to remember that you CAN control what you allow in the four walls of your home! You CAN be empowered to make decisions toward making your home a safer home!

The concept of clean living will have you making radical changes with what you allow in your home! You will find that what you thought was safe all this time is actually poison; the things you've trusted are things you shouldn't! Sometimes it's overwhelming to make drastic changes toward a clean home, but you can do this one step at a time! Learn to be an informed consumer and start to make the swap as you can! Move one bad product out, then another, until you have gotten rid of all the Yuck lurking in your cabinets! Shift from damage control to preventative maintenance (stay above the wellness line and not under it)!

Slide 4: What Exactly Does That Mean?

Staying above the wellness line means making slow changes in your child's diet and lifestyle. Watch their sugar intake (keep it to less than 10 grams per day); make sure they stay hydrated; try to feed all organic; use discernment when it comes to processed food, fast food, or non-organic food; make sure they supplement at bedtime; and make sure they get enough rest.

The truth is if you really knew the outcome of what you were giving your kids daily, you'd be more inclined to make so many different choices! The cost is too high not to! You already know that it's time to take a step back from how you've always done things (and that's why you're here in this class)! It's time to jump into some better choices!

Slide 5: Young Living: Seed to Seal

Young Living's Seed to Seal Premium Standard is the best in the world! That means you're getting the best of the best for your kids! Many of the blends that come in the Kid's Starter Bundle, that we're training on, contain Lavender oil (one of Young Living's most famous oils). Sometimes the way best way to fall in love with oiling is to go directly to the farm and see it for yourself! We can do that, RIGHT NOW, from your seat! THIS IS YOUNG LIVING!

Slide 6: St. Maries Lavender Farm and Distillery: Young Living Essential Oils

Click to play video on this slide. (Run Time: 1 minute).

Slide 7: Young Living Essential Oils: Map of farms and distilleries.

Young Living is a global leader in essential oils, with nearly two-billion-dollars in sales annually. That means that those that use the oils keep returning because they work. There are three-thousand global employees, 600 life changing products, 16 corporate and partner farms, more than 20 international markets, 50 highly trained scientists, 12 independent partner labs, and six million global members. Those that use the oils keep coming back... because they work!

Slide 8: A Little Science for You!

In 2008, the Beasley Study showed that babies who were given acetaminophen (Tylenol) had a 46-percent increase of having an asthma-related occurrence if they got a single dose their first year of life. They also had a 35-percent increased risk of eczema. The scariest part is Acetaminophen is one of the most common drugs out there and is considered the safest on the shelves for kids! It's found in so many products! The purpose of teaching discernment is so that you could look, instead, at the "what ifs". What if we removed toxic products (such as chemicals that tax the immune system)? What if we limited sugar and added supplements, so their body was strong enough to do its own fighting?

Additionally, in 2008, experts warned the FDA of the dangerous side effects of cough syrup use in children. There were so many side effects (kids having convulsions, rapid heart rate, losing consciousness, and in some cases dying). The FDA noted in its public advisory that it was "aware of the reports of serious side effects in kids ages 2 to 11 and is still reviewing information." Because of this, drug companies voluntarily pulled 14 cough and cold products targeted at toddlers from store shelves. Your kids do NOT need to be the guinea pigs.

Slide 9: A Brief History of Essential Oils

What are essential oils, and why do you want to use them? They are a natural ancient remedy, derived from plants, that have been used for millennia, for a multitude of purposes! In ancient times there were only a few ways to heal the body: immune supporting foods (like garlic and onions), herbs, and oils. Oils are about 1000 times more powerful than herbs because they are derived from large quantities of plant materials. Each drop of oil is cold-pressed, or steam distilled! They arrive ready to use! It's like the fast food of natural health in a bottle. The hard work is done for you at the farm! All you have to do, as a busy mom or dad, is open the bottle and go!

Essential oils are made up of tiny constituents that enact change in the body. The molecules in oils access the limbic lobe of the brain where emotions are stored. The effects they have on the body are

much gentler than the stuff you might grab from a store shelf. Up until about 150 years ago, herbs and oils were the primary “go-to” in homes. Moms used them, and they trained their kids to use them. As time went on, they got lost in translation and they lost popularity to convenience. It’s time to learn again! It’s time to stay ahead of the curve and create a preventative maintenance home through oiling! Make your home proactive instead of reactive!

Slide 10: Where do I start?!

I love the Young Living Little Oiler’s Starter Bundle because you get a half a dozen oils to use topically and aromatically, from one single bundle designed with your child’s safety in mind! In one swoop, you can have an arsenal of things on your shelf to tackle almost any kid problem. The Starter Bundle comes with six bottles of KidScents oils, two roll-on caps, and a Feather the Owl diffuser.

To get started:

If you snag a Little Oiler’s Starter Bundle you will have automatically become a Young Living customer! This gives you access to wholesale pricing at 24 percent off everything you order. You’ll never pay retail again. I recommend that you begin your journey this way to save yourself the most money!

Slide 11: Is it Cost Effective?

Cost is one of the first questions that usually comes up! Is it cost effective? Depending on oil thickness (viscosity), a 5-mL bottle contains about 90 to 100 drops. Each application is one to three drops (meaning even a small bottle will get you 45 to 90 applications). 90 applications can last up to 6 months (depending on how often you use it). If you make it into a roll-on, and use that specific oil 3-5 times daily, it may last you about 3 months. To figure out how much it will cost per month, take the wholesale price you paid for the oil and divide it by the approximate months it should last, it will give you the cost per month (and you’ll see that it’s very effective). Example: TummyGize is \$13.50 for a 5 mL bottle (which makes it only \$4 per month). Let’s take a closer look at the Little Oiler’s Starter Bundle! What oils come inside?

(Let’s start with a video on the infamous Feather the Owl Diffuser)! *Play next slide.*

Slide 12: Into to Feather the Owl Diffuser (video).

Click to play video on this slide. (Run Time 47 seconds.)

Slide 13: Let’s Talk about Feather the Owl!

- It has multiple diffuser modes, 10 different LED light color options, and five white-noise sound options.
- It can release oil into the air for up to ten hours.
- This diffuser runs 25 to 40 percent longer than competitor kid’s diffusers. The high mode runs 5-6 hours. The low mode runs 8 hours. The intermittent mode runs 10 hours (1 minute on and one minute off).

- It's easy for children to operate. To turn the owl on or change its colors, simply touch its talon toes.
- There is a built-in speaker with five different sounds: rain, birds, ocean waves, a fan, and a lullaby.
- You can use the night light option or the white noise function independently of the diffuser mode.
- Fun Fact: The owl character was chosen by Young Living member children.

Slide 14: How to Use Your Feather the Owl Diffuser (Video).

Click on this slide to play video. (Run Time: 1 minute 55 seconds.)

Next, we'll go into the 6 oils you will find in the Little Oiler's Starter Bundle!

Slide 15: Bring on the Oils!

Now, let's go into the 6 oils blends you'll find in the Little Oiler's Starter Bundle!

- *GeneYus*
- *Owie*
- *Sleepylze*
- *SniffleEase*
- *TummyGize*
- *KidPower*

Slide 16: GeneYus Intro Video Clip

Click on slide to play video clip. (Run Time: 20 seconds.)

Slide 17: GeneYus: *"When young minds need to focus, keep distractions at bay by diffusing KidScents GeneYus."*

GeneYus oil is GREAT for homework time!

- This oil promotes feelings of grounding and clearness while easing feelings of occasional stress and distraction.
- It creates an atmosphere conducive to clarity, creativity, and alertness.
- Use it in the diffuser, or place 1-2 drops on the medulla.
- This blend contains Sacred Frankincense, Cedarwood, Palo Santo, Melissa, Rose, Vetiver, and Bergamot essential oils.

Slide 18: Owie Intro Video Clip

Click on slide to play video clip. (Run Time: 20 seconds.)

Slide 19: Owie: *"When roughhousing goes wrong, ease your kid's spirits and tears with Owie oil."*

Owie is great to have on hand for kid's outdoor activities. Leave your worries at home!

- Apply this oil when they are distressed with minor skin irritations or boo-boos.

- This oil has cleansing and antioxidant properties, as well as calming and relaxing properties.
- This cooling blend contains: Balsam Fir, Tea Tree, Hinoki, Clove, Cistus, Helichrysum, and Elemi.
- Apply 2-4 drops to the desired area (wherever the boo-boo is).
- No dilution is required because these blends are already pre-diluted!

Slide 20: Sleepylze Intro Video Clip

Click on slide to play video clip. (Run Time: 20 seconds.)

Slide 21: Sleepylze: *“Help your child settle in and sleep tight by diffusing or massaging Sleepylze.”*

This oil promotes an atmosphere conducive to calm, restful sleep, and is an excellent way to help your child naturally relax at the end of the day.

- Drop it down their spine and give “the 10-second massage” before bed on the shoulders and neck.
- You can also rub this oil onto the feet for a little foot rub.
- Diffuse this blend up to three times daily.
- This blend contains oils of Lavender, Geranium, Roman Chamomile, Tangerine, Sacred Frankincense, Valerian, Bergamot, and Rue (one of the rarer oils).

Slide 22: SniffleEase Intro Video Clip

Click on slide to play video clip. (Run Time: 20 seconds.)

Slide 23: SniffleEase: *“The natural vapors of SniffleEase promote wellness when inhaled and inspire calm breathing.”*

When sniffles and stuffiness affect your little one, reach for SniffleEase!

- This blend contains several cooling, aromatic essential oils, and can be diffused or applied directly to the chest, throat, back, or feet.
- The aroma promotes feelings of health, wellness, and normal, clear breathing while assisting in releasing feelings of discomfort.
- This blend contains more than a dozen powerful breathing oils, including: Eucalyptus Blue, Palo Santo, Lavender, Ravintsara, Dorado Azul, R.C., Lavender, Camphor, Eucalyptus Globulus, Marjoram, Myrtle, Pine, Cypress, Black Spruce, and Peppermint.

Slide 24: TummyGize Intro Video Clip

Click on slide to play video clip. (Run Time: 20 seconds.)

Slide 25: TummyGize: *“TummyGize is great for fewer belly aches!”*

TummyGize is a calming, relaxing blend for your little one’s stomach when feelings of anxiety and discomfort arise.

- This blend can be diffused or rubbed on the tummy for a sense of balance and grounding.
- This blend contains the essential oils: Peppermint, Spearmint, Anise, Tangerine, Fennel, Cardamom, and Ginger.

Slide 26: KidPower Intro Video Clip

Click on slide to play video clip. (Run Time: 20 seconds.)

Slide 27: KidPower: *“With KidPower, they have the power to face big and little challenges. Sometimes, they just need to find it in themselves.”*

Life can be big and scary for kids! Raising confident and courageous children can be extremely challenging (especially in today’s world). KidPower is a unique blend formulated to inspire feelings of confidence, courage, and positivity.

- KidPower eases the occasional feelings of doubt, fear, and worry.
- It is comforting through times of anxiousness or nervousness, and it can help tackle daily stress.
- It has been known to be the “kid version” of Valor (for courage and bravery).
- KidPower contains the following oils: Black Spruce, Blue Tansy, Camphor Wood, Frankincense, Vanilla, and Orange.
- Apply 2-4 drops on your child’s wrists or to the back of their neck to inspire, motivate, and empower them to be their very best.
- You can also apply topically over the heart or on the bottoms of the feet or big toes (where the nerves come out from the brain).
- You can also diffuse 3-5 drops of this blend up to three times a day for courage and positivity.

Slide 28: Video Slide of Young Living’s KidScents KidPower essential Oil Blend:

Click on slide to play video clip. (Run Time 1 minute 6 seconds.)

Slide 29: Let’s Talk Safety!

Young Living oils have been used safely by millions of parents! But oils are powerful liquids distilled from plants; so, it’s important to know the ins and outs of using them effectively! The key to using oils with kids is to go low and slow! According to Johns Hopkins University, here is a quick safety tip list to use as a guide!

- Don’t put it in the eyes or ears.
- Quality matters! The stuff at the Bed and Bath store isn’t likely safe for your kids.
- Dilute for topical use.
- Use a diffuser made for essential oils.
- Keep oils out of the reach of kids.

Start with the feet (because the skin is tougher). The chest and neck are the more sensitive areas. The KidScents oils are prediluted with coconut oil, so they are less likely to cause redness. Start with a very small amount on the feet to see how they will handle the oil. If any redness occurs, apply a carrier oil, like Young Living’s V-6 oil. The molecules in carrier oils are much larger than that of an essential oil, and they will slow the absorption rate.

Slide 30: Authenticity

Again, it goes back to authenticity. Grocery store brands just won’t cut it! Cheap oil means the company has cut a corner somewhere to save money. You’ve spent a lifetime of dealing with products from stores

that you thought were safe, only to find out they are cut with harmful, synthetic ingredients. It defeats the purpose of oiling to use oils laden with toxic chemicals, when the entire goal is to use oils to avoid toxic products. You can always trust the Seed to Seal Premium Standard of Young Living! The oils are authentic! It's goes from the farm to your door! That keeps your kids safer!

Slide 31: What You See is What You Get!

We don't think much about kid's personal care products, but a study on parabens and phthalates found in products from the store showed it led to early puberty in both boys and girls. In 2019, a study by Hepatology Communications looked at 272 supplements associated with liver injury in kids. 51% of them had ingredients not listed on the label. This is why it's always a good idea to stick with products made by Young Living. With Seed to Seal, you always know you're getting safe and authentic ingredients in all your products! What you see is what you get! The FDA only intervenes and takes action if there is an adverse effect. This is not okay!

Slide 32: KidScents Products!

Young Living KidScents has a whole line of products you can swap out for safer choices!

- KidScents shampoo
- KidScents lotion
- KidScents toothpaste
- KidScents bath gel
- KidScents Tender Tush (rash cream)
- KidScents MightyVites (vitamins)
- KidScents MightyPro (probiotics)
- KidScents MightyZyme (enzymes)
- KidScents Unwind (to help promote a calm state to settle down).

Slide 33: Benefits of MightyPro (video)

Young Living is known for its supplements! This doesn't go without mentioning the KidScents line! One of the most popular is MightyPro! MightyPro is a Unique, synergistic blend of prebiotics and probiotics in a supplement specially formulated for children! A great feature of this supplement is that it tastes great and can be added to cold food or drinks to make it easy to consume for little ones! They will get over 800 billion active, live cultures to support digestive and immune health! Let's take a look at this quick video about its benefits!

Click slide to play video! (Run Time: 27 seconds).

Slide 34: Let's Dabble with Some DIY's

There are three different Monster-Be-Gone spray recipes listed in the *Scriptbook* that are a fun little way to get the kids to sleep by spraying these in their closets, under their beds, and around their curtains to keep their fears at bay! Here is one you can try!

To create a spray: Add 6 tablespoons of water, 2 tablespoons of witch hazel, and an essential Monster-Be-Gone blend of your choice!

For fun's sake, let's try Closet Monster Skedaddle! Add in 3 drops Bergamot, 3 drops Lemongrass, and 3 drops Grapefruit.

Slide 35: Bonus! Bubble Bath DIY! (Video)

As an added bonus, let's check out how to make your own bubble bath using Young Living products!

Click slide to play video. (Run Time: 49 seconds.)

Slide 36: Kid's Class (wrapping up)

Let's recap your aromatherapy checklist...

Snag your Little Oiler's Starter Bundle.

Read *Fearless, the Scriptbook*, and complete the *Essential Oils 105 Workbook* section for the Kids Class.

Complete your calendar.

If you haven't yet taken a Core 5 class, contact me and get plugged into the next one.

You have survived Essential Oils 105: The Kids Class! Thank you for the honor of your time!