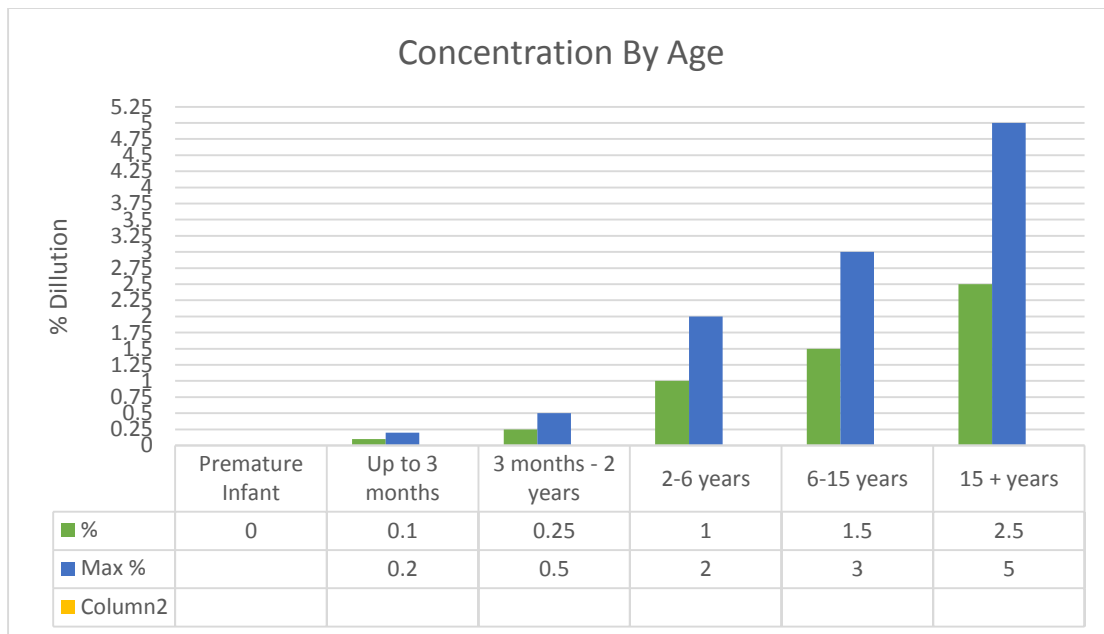


## Child Safety

*The same prudence one would apply in administering medication to a child, one should employ in the use of essential oils. They are small, fragile little humans whose systems are still developing the ability to filter and respond.*

*A benchmark for usage might be, if you are comfortable using some medications with your children (which includes risk and a chance of the taxation of the liver), then use of essential oils might be a less synthetic tool in your parenting toolbox.*

- Keep essential oils out of reach of children.
- Sweet Birch and Wintergreen should not be given to children due to the risk of Reye's syndrome
- Error on the side of caution before the age of two (2).
- Do not expose children under the age of five (5) to STRONG essential oil vapors.
- Do not apply essential oils to or near a child's face.
- Exercise an **abundance of caution** should you make an educated choice to ingest essential oils.
- Patch test, inhale test, and dilute (see below) before use.
- Do not place essential oils into the nose of a child. (Indian method of naysa)
- Do your research. But when in doubt go without.



Note on 1,8 cineole and menthol: oils high in these chemicals have a risk of side effects which might impact the central nervous system and/or respiratory system in small children. Caution should be used in their utilization. Common essential oils containing the greatest amount (50%+) of these constituents are: {1,8 cineole} - eucalyptus (not citron/lemon), cajeput, sage (white, Greek), niaouli, ho leaf, cardamom, Spanish marjoram, rosemary, and saro. {menthol} – peppermint, cornmint, lemon basil.

Resource: *Essential Oil Safety: Tisserand and Young (2013)*  
<http://theida.com/essential-oils/is-eucalyptus-safe-for-children-part-i#comment-38657>

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