

Essences for Children

Information



Children respond very quickly to vibrational essences so it is important to choose the most appropriate type of essence when using them with children, particularly babies or very young children. Here are some general guidelines and suggestions divided into different age groups.

0 - 7 years:-

For this age range we recommend that you use Crystal Herbs Bach Flower Remedies. A well-chosen combination of not more than 4 or 5 remedies will very quickly help to bring children back into balance. Most children enjoy taking their drops directly onto their tongues, however you could also add them to their drinks if necessary. A dosage of 4 drops 4 x a day is normally enough at this age. For babies the remedies can be added to the bath water or dabbed on the pulse points on the body.

To decide which remedies would most help your child, observe how he or she reacts to the situations around them - you will quickly see that like adults, each child in a family reacts differently to the same circumstances. For instance one might react with fear while another reacts with anger and yet another might become clingy. By choosing the remedies that will help to balance the states that you observe you will greatly help your child to cope with life and its inevitable ups and downs.

A few suggestions to help you get started:-

- Emergency Essence - always handy to soothe the emotions in the event of bumps, bruises, accidents or shocks. Also helpful for night terrors along with Aspen and Mimulus.
- Agrimony, Larch & Mimulus - for the generally fearful & timid child.
- Vervain - helpful for the hyperactive state.
- Holly, Walnut and Vine - for temper tantrums.
- Chicory, Willow & Holly - For sibling rivalry.
- Clematis - helpful for the dreamy inattentive child.
- Emergency Essence Cream - always useful for children & adults alike.

8 - 12 years:-

Bach Flower Remedies are also very effective with this age group, however we suggest that you increase the frequency of the dosage to 4 drops 6 x a day.

You could also introduce some of our single flower essences and gem essences at this age.

Start with one at a time perhaps 4 drops 2 x a day - this will probably be enough for most children. Towards the top of this age range you could mix up to 3 individual essences into a combination - maximum dosage 4 drops 3 x a day

Suggestions:-

- Pansy - This is an excellent remedy for all -we have found that it has been very beneficial to provide support for children who are particularly susceptible to the everyday ailments of childhood.
- Celandine - Helpful for those who have difficulty assimilating information.
- Harebell - Helpful for the very shy.
- Petunia - Helpful for impish and hyperactive children
- Nettle - Helps children cope with difficulties related to family problems like divorce or adoption.
- Garlic - Helpful for the fearful, timid child.

Age 12 onwards:-

After the age of twelve you can start to introduce The Combinations for Self-Treatment, Chakra Combinations and Inner Child Essences in our range, however reduce the dose to 4 drops 2 or 3 x a day.

NB:- We do not recommend that you give Karmic Essences to children under 14 years old or Rainbow Light Body Essences to children under 16 years old.