

Dear Parents;

As you know, child care can be hard and stressful for many of our children. This year one of our goals is to help reduce stress and anxiety in our center in an effort to make learning more fun and effective. One way to do this is by using essential oils in a diffuser in the center.

Essential oils have been reported to positively affect mood and memory. Many also have antibacterial properties as well. Below I have listed the oils I would like to use along with their properties. These oils are certified pure therapeutic grade (CPTG) from a company called doTERRA. They have no synthetic chemicals or pesticides and are taken from organically grown plants. Please review this list and let me know if you have any questions or concerns regarding the use of these oils in our center. I would also need to know if your child has any allergies to any of the plants from which these oils are taken. Please sign below indicating that you have received this information and have your child return it to the center.

Single Oils

Lavender: This oil may help with anxiety, mental clarity, & nervous tension.

Wild Orange: This oil may help with anxiety & nervousness. It is generally uplifting.

Peppermint: This oil is sedating, calming, and relaxing – allowing it to reduce anxiety.

Oil Blends

On-Guard: This oil blend contains wild orange, clove bud, cinnamon bark, eucalyptus radiata, and rosemary. It helps protect the body against the onset of flu, colds, and viruses.

All oil information was taken from Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils published by Abundant Health, 2011.

Consent for Use of Oils

Student Name: _____

I have read the above information and do not have any concerns or questions about the use of essential oils in the child care center.

I have read the above information and have questions or concerns about the use of essential oils the child care center. Please call me at _____.

My child has allergies to one or more of the plants listed above. Please do not use the oils in my child's center.

Parent Signature: _____ Date: _____