

Herbs & Essential Oils



For Children

From Elaine Sheff of Green Path Herb School

www.greenpathherbschool.com

Safe Herbs for Children *

Alfalfa (<i>Medicago sativa</i>)	Lemon Balm (<i>Melissa officinalis</i>)
Angelica (<i>Angelica archangelica</i>)	Lemongrass (<i>Cymbopogon citratus</i>)
Arnica (<i>Arnica montana</i>), homeopathic or flower essence only	Linden (<i>Tilia</i> spp.)
Burdock (<i>Arcticum lappa</i>)	Marshmallow (<i>Althea officinalis</i>)
Calendula (<i>Calendula officinalis</i>)	Mullein (<i>Verbascum thapsus</i>)
California poppy (<i>Eschscholzia californica</i>)	Nettles (<i>Urtica dioica</i>)
Catnip (<i>Nepita cataria</i>)	Oats (<i>Avena sativa</i>)
Chamomile (<i>Matricaria recutita</i>)	Oregon Grape root (<i>Mahonia</i> spp.)
Chickweed (<i>Stellaria media</i>)	Peppermint (<i>Mentha piperita</i>)
Cinnamon (<i>Cinnamomum verum</i>)	Plantain (<i>Plantago</i> spp.)
Cleavers (<i>Galium aparine</i>)	Psyllium (<i>Plantago ovata</i>)
Cramp Bark (<i>Viburnum opulus</i>)	Raspberry (<i>Rubus ideaus</i>)
Dandelion (<i>Taraxacum officinale</i>)	Red Clover (<i>Trifolium pratense</i>)
Echinacea (<i>Echinacea</i> spp.)	Rose (<i>Rosa</i> spp.)
Elder (<i>Sambucus nigra</i>)	Rosemary (<i>Rosmarinus officinalis</i>)
Eyebright (<i>Euphrasia officinalis</i>) (please use cultivated only)	Skullcap (<i>Scutellaria lateriflora</i>)
Fennel (<i>Foeniculum vulgare</i>)	St Johnswort (<i>Hypericum perforatum</i>)
Feverfew (<i>Tanacetum parthenium</i>)	Thyme (<i>Thymus vulgaris</i>)
Flaxseed (<i>Limnium usitatissimum</i>)	Valerian (<i>Valeriana</i> spp.)
Garlic (<i>Allium sativum</i>)	Vervain (<i>Verbena officinalis</i>)
Ginger (<i>Zingiber officinalis</i>)	Violet (<i>Viola odorata</i>)
Horehound (<i>Marrubium vulgare</i>)	Wild Cherry (<i>Prunus serotina</i>)
Horsetail (<i>Equisetum</i> spp.)	Wild Yam (<i>Dioscorea villosa</i>)
Lavender (<i>Lavendula</i> spp.)	Witch Hazel (<i>Hamamelis virginiana</i>)
	Yarrow (<i>Achillea millefolium</i>)
	Yellow Dock (<i>Rumex crispus</i>)

* See dosage guidelines on the following page

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Herbal Dosage Guidelines:

To figure out exact dosages for children 2-17, use Clark's Rule. The procedure is to take the child's weight in pounds and divide it by 150 (the average weight of an adult). Multiply the fractional result by the adult dose to find the equivalent child dosage. For example: If an adult dose of tincture calls for 30 drops and the child weighs 30 pounds. Divide the child's weight by 150 ($30/150$) to get .2. Multiply .2 times 30 drops to get 6 drops. This method can be used for elders, dogs and cats as well.

Safe Essential Oils for Children

Please be very careful using essential oils with babies and small children. To find out more about proper dilutions and safety precautions, please read my article at www.greenpathherbschool.com 'Are Essential Oils Safe? Part 2'

Calendula, CO₂ extraction
(*Calendula officinalis*)

Chamomile, German (*Matricaria chamomilla*)

Chamomile, Roman (*Chamaemelum nobile*)

Dill (*Anethum graveolens*)

Frankincense (*Boswellia carterri*) Please choose other oils as this plant is close to being listed as threatened.

Grapefruit (*Citrus paradisi*)

Lavender (*Lavandula* spp.)

Mandarin (*Citrus reticulata*)

Neroli (*Citrus aurantium*)

Petitgrain (*Citrus aurantium*)

Tangerine (*Citrus reticulata*)

Tea tree (*Melaleuca alternifolia*)

Yarrow (*Achillea* spp.)