

CALM - YOUR RESOURCE GUIDE



Roadmap to Attention and Regulation ROAR

Module 1

This module is all about bringing a sense of internal and external CALM to you and your child. Before we can jump into any of the food related changes, it is important that we step into a state that I often call REST-DIGEST-LEARN.

The opposite would be the FIGHT-FLIGHT-FREEZE state, when you are running from an imaginary tiger.

EXPLORE THESE TOOLS ONE BY ONE, BUT THE ONES YOU CAN GET STARTED WITH RIGHTAWAY ARE:

Essential Oils

Epsom Salt Baths

STRENGTHEN VAGAL TONE

The Vagus Nerve is the switch between your child's sympathetic and parasympathetic nervous system states, in other words, it is the switch between:

- *Fight-or-flight and rest-and-digest*
- *Escape and Learn*
- *Anxiety and Calm*
- *Behavior and Focus*

Before you start any learning intervention use these techniques to balance your child's stress response:

ESSENTIAL OILS: [[Here is a great article by Jodi Cohen that explains more about the nervous system and how it is modulated by Essential Oils](#)]

1. Lavender Essential Oil
2. [Parasympathetic Blend by Vibrant Blue Oils](#)
3. Mix 2-3 drops of clove with 2-3 drops of lime essential oils

How to use: Use 1 drop mixed in a few drops of neutral oil (jojoba, almond, olive) behind your ears (and your child's ears).

EPSOM SALT BATHS

The absorption of calming nutrients (Magnesium and Sulfate) and the calming powers of essential oils happens through your child's largest organ, their skin.

There is little more relaxing than a warm Epsom Salt Bath.

Here's the recipe:

- ***2 cups Epsom Salt***
- ***½ to 1 cup Baking Soda***
- ***5-6 drops Favorite Essential Oil***

Soak for 20 minutes if you can. Evening is best!

Disclaimer: Make sure to use 1 drop of Essential Oils and test for reactions. As with all recommendations, I am an educator, a parent and a consultant but not a medical doctor, and not your child's doctor. Do check with your physician before implementing any suggestions.

VISION THERAPY RESOURCES

Poor vision, poor ocular motor, poor visual processing can all be a BIG part of learning disabilities, because most of the information available to our children today is through a visual medium.

If your child is a visual learner, you are not exempt from this situation, in fact, the situation may be more aggravated when you have a visual learner who is struggling to process visual information.

Getting vision checked out - including visual convergence - may just transform your child's learning efficiency.

Your child's vision can be an issue even if:

- Your child is a visual learner
- Your child is wearing glasses
- You see an optometrist regularly
- Your optometrist has said your child has no visual issues.

LOOK FOR A BEHAVIORAL OPTOMETRIST OR A VISION THERAPIST NEXT TO YOU.

The best way to do this is through referrals - if you have an alternative practitioner like a naturopath or chiropractor you like - ask them to refer you to a behavioral optometrist or vision therapist.

Other Resources

One of the guests on my podcast, Trent McEntire has had enormous success with focus and learning with his clients who do "vision therapy" just by playing with his brain ball.

<https://www.fireupyourbrain.com/pages/kids>

[You can listen to his podcast here.](#)

HOMework

1. Note down the names of the Vision Therapy Practitioners you find in your search here.

2. Have you purchased or do you have essential oils ?

3. Your Epsom Salt Bath Plan : check if you have the following:

- Baking Soda

- Epsom Salts

- Essential Oils (mentioned above)

- How often can your child do the Epsom salt baths or foot soaks?



www.functionalnutritionforkids.com

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