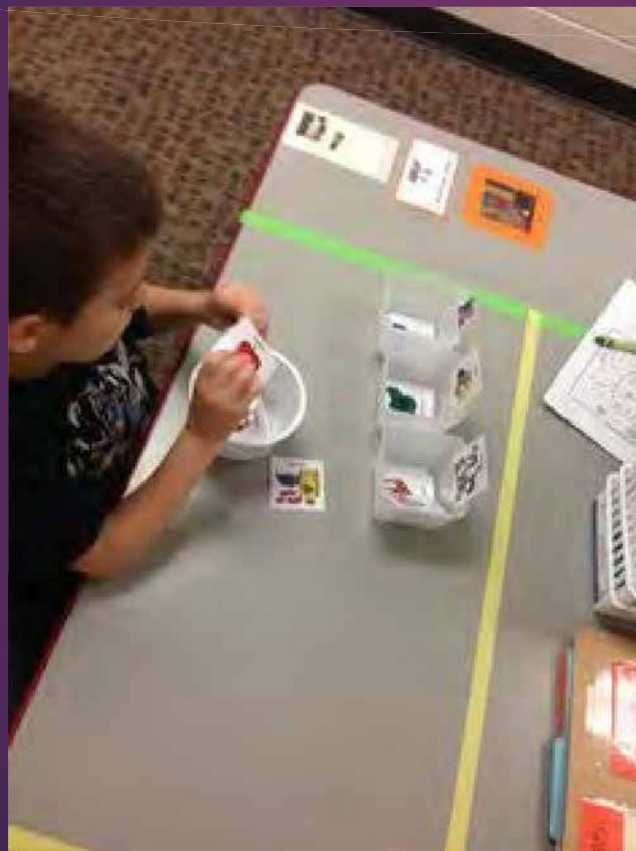


# Clear boundaries and expectations



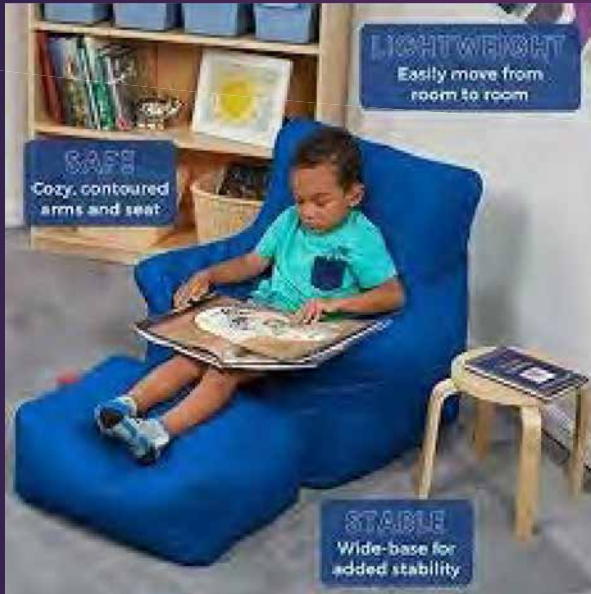
# USING THE BODY TO CHANGE RESPONSES OF THE NERVOUS SYSTEM



# QUICK REVIEW



# Alternative seating



# Heavy work- never wrong



# TRANSITIONS



# STORY TIME

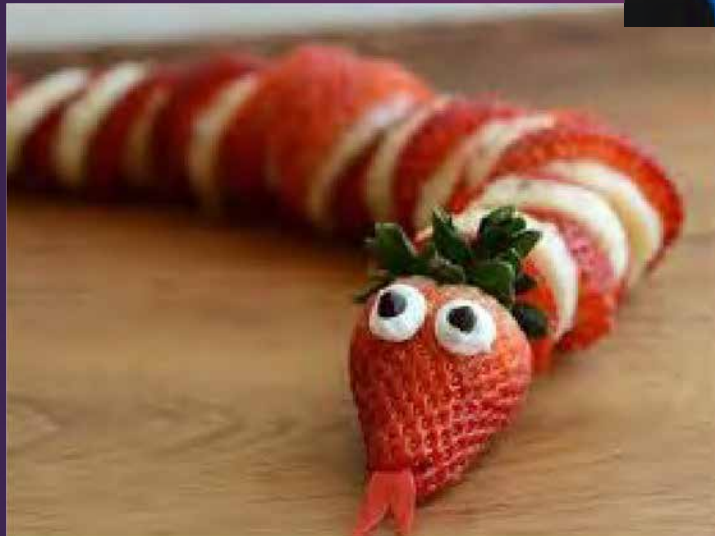


# TOILETING AND DIAPER CHANGES





# MEALTIME S



# SMELLS-USING THE OLFACTORY SYSTEM



Complaint	Essential Oils
Stress	Lavender, lemon, bergamot, peppermint, vetiver, pine, and ylang ylang
Insomnia	Lavender, <sup>9</sup> chamomile, jasmine, benzoin, neroli, rose, sandalwood oil, sweet marjoram, and ylang ylang. lemon can wake you up <sup>7</sup>
Anxiety	Lavender, bergamot, rose, clary sage, lemon, Roman chamomile, orange, sandalwood, rose-scented geranium, and pine <sup>8</sup>
Depressed mood	Peppermint, chamomile, lavender, and jasmine <sup>9</sup>
Pain	Lavender, chamomile, clary sage, juniper, eucalyptus, rosemary, peppermint, lavender, and green apple (especially for migraines)
Nausea and vomiting	Mint, ginger, lemon, orange, ginger, dill, fennel, chamomile, clary sage, and lavender
Memory and attention	Sage, peppermint, <sup>10</sup> and cinnamon
Low energy	Black pepper, cardamom, cinnamon, clove, angelica, jasmine, tea tree, rosemary, sage, and citrus

