

## Is your child strong willed, hyperactive, unfocussed or angry?

Every child experiences times where it is hard to focus, they want their way, are angry or just can't sit still. That's pretty normal. When these behaviours start to become persistent and destructive to the child's relationships, learning and or wellbeing - it's time to look more closely.

### Why is my child behaving like this?

The actions that each of us take moment to moment, are ALL attempts to get our basic needs met. For instance, when we want to get noticed or imagine our needs are not going to get met, expressing our anger and throwing things may be how as a child, we seek to get some power over our situation or to be heard.

There may also be physical or genetic reasons which suggest why a child is quicker to react or finds it more difficult than others to settle, be attentive or have empathy for other people's feelings and needs.

### Who experiences being strong willed, hyperactive or unfocussed?

Children, teenagers and adults, for sure. However babies may be strong willed and toddlers may be also experience frustration, anger and be strong willed to the point that it is distressing and unhealthy for them and others around them.

### How can you help?

1. Be calm and centered and where possible teach your child how to do this for themselves. Practice and learn techniques you can use when tension is being experienced and generally. This is a lifelong skill which will develop healthy constructive habits for times of stress. It will also support you! ❶
2. Therapeutic grade essential oils can play an important role in helping you and your child to move beyond the emotional distress or rigidity they are experiencing. ❷
  - a. They are very calming and soothing to the central nervous system. Correctly used and selected such oils can have wide ranging effects including releasing emotional trauma from the amygdala

and pineal gland, sharpening focus, supporting memory and acting as a relaxant.

- b. Terry Friedmann, MD has recently completed pioneering studies using essential oils to combat ADD and ADHD. Using twice a day inhalation of essential oils including vetiver, cedarwood and lavender. Dr Friedmann was able to achieve clinically significant results in 60 days. Researchers postulate that essential oils mitigate ADD and ADHD through their stimulation on the limbic system of the brain. <sup>1</sup>
3. Learn to parent firmly and lovingly from your heart. Being able to express yourself clearly and to simply and effectively support them with love can be very significant and grounding for you and them. This can also help you to help them, to develop alternative strategies for getting their needs met. <sup>3</sup>
4. Specialist guidance can be necessary. Nurture House offers gentle, non-invasive and effective healing support for parents and children. <sup>4</sup>
5. Serve high nutrient foods. These traits may be caused by mineral deficiencies in the diet. Increase nutrient intake and absorption of magnesium, potassium, other trace minerals and Omega 3 can have a significant beneficial effect. [1]

## Nurture House Resources to support you and your child

### 1 Calming & Centring Techniques - CD

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Using mini-meditations of 2 -3 minutes, a longer 15 minute mediation and a quick technique for rapidly transforming emotions and re-gaining one's centre, this CD will support you and your child. It contains timeless simple methods which can be taught to a child from 4+ years of age.



[More info & Purchase](#)

## 2 Therapeutic Grade Essential Oils

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Peace and Calming Oil - Promotes relaxation and a deep sense of peace and emotional wellbeing. Helps to dampen tension and uplift spirits. Reduces depression and may calm over-active and hard to manage children. Can be a wonderful prelude to a good night's sleep.

Valor Oil - Balances energies to instill courage, confidence and self-esteem. It helps the body self-correct its balance and alignment.

Clarity Oil - Promotes a clear mind and alertness. Improves mental clarity and vitality and increases energy when overly tired. Brings the spirit and mind back into focus.



[More info & purchase](#)

## 3 Learn to parent firmly and lovingly from your heart

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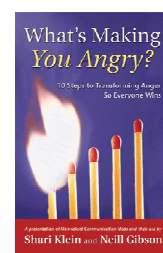
Parenting from your Heart

It's all too easy to find ourselves snapping at our children when things are tough. Find practical compassionate parenting tips and ten practical exercises to foster trust and improve cooperation even in the most trying circumstances. Learn how to make connection your top priority, share power in your family and inspire openness and understanding.



[More info & purchase](#)

What's making you angry - Discover the life-enriching purpose of anger. When we're angry, we tend to get caught up in ideas of right versus wrong - moralistic judgments about the wrongness of a person's behavior. As the tension builds, we're taught to control our anger before it leads to behavior we'll regret.



## 4 Gentle, noninvasive, effective healing support

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Private consultations are available with Karin for parents and children, separately or together. These sessions are gentle and effective in enabling you to transform, heal and grow beyond upset and pain, connecting you and your child with practical steps to a better life together.



[More info](#)

Sources:

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2 [1] Essential Oils Desk Reference fourth edition, compiled by Essential Science Publishing, September 2007 p 7

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