



The Magical Guide to Healthy Kids ALL School Year Long

It's been almost 9 years since we were first introduced to essential oils in the Glasgow house. At first, we really didn't know what to do with them besides smell them or put them in the diffuser.

Over the last few years, we've incorporated many daily practices into our lives to be proactive in our homes. I think the key to being proactive and keeping our bodies in an elevated state of flow is learning how to create routines around using the oils.

School is just getting started, and this mama will not wait for the icks to hit the school and enter our space before I bring out the oils in our home. If we wait until we're down for the count on the couch, our bodies will already be in a weakened state, and it's more difficult to fight back.



Use this guide as a tool to add to your existing routines or begin new ones. You don't have to incorporate it all at once. Start with what works for you and add on as you go. That's what we have done over the years. The main takeaway I want you to receive from this guide is to USE your oils throughout the day. You will discover your own favorite combos, blends, and tricks along the way as long as you make a point to use the oils and create routines.

Katie Glasgow

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The Daily Routine

6:00 AM - Mama wakes up BEFORE the kiddos for her cup of coffee and a wee bit of silence before the day begins.

I get the house ready with a diffuser blend. We have diffusers all over our home. Diffusing oils not only creates spaces of peace, but it also keeps our immune systems boosted and the air clean.

My go-to morning blend

4 drops of On Guard as a base

2-3 drops of Motivate or Cheer

This creates a happy space before the kiddos even wake up for the day.

6:50 AM - Kiddos wake up for their morning routine of shower, breakfast, and school prep.

The Shower Routine

They shower with [doTERRA shampoo, conditioner and soaps that are toxin free](#). Believe it or not, the products we use in the shower contribute to our health. Many contain harmful chemicals and perfumes that our bodies do not understand, thus weakening our immune systems.

[On Guard Toothpaste](#) and [On Guard Mouthwash](#) is used in the bathroom for teeth brushing. Again, my family and I are working on reducing toxins wherever we go.

The Oil Routine

While they eat their healthy breakfast, I apply oils to their spine and pass the [On Guard Chewables](#).

I have this cute little case in which I have all the doTERRA touch oils and Kids collection oils that I put on the table. This way, they can choose what they feel their bodies need.

And then this mama just goes around the table and applies the oils to the spine. A swipe up and down while they eat is easy peasy.

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Here are some of my favorites. All of these come ready to use with your kiddos! And I have them linked in blue for you to add right to your cart!

[On Guard Touch \(almost daily\)](#)

[Thinker to keep them focused](#)

[Brave if they have a test](#)

[Motivate the teen who doesn't like school sometimes](#)

[Frankincense Touch to balance them all out](#)

The Nutrition Routine

All bodies need a little extra fuel. We simply can't get everything we need just from the foods we eat. Not to mention, not all kids eat that great.

In our house, we supplement with the doTERRA kids vitamins and omegas. We also add in PB Assist for gut health and immune support and the On Guard chewables.



Daily:

[Full dose of kids vitamins and omegas.](#)

The oldest takes a ½ dose of the [Life Long Vitality Formula](#) just like mom and dad. [On Guard Chewables \(1-2 per day\)](#)

During the School Year, We Add in 2-3 Times Per Week:

[DDR Prime](#) for healthy cell and immune function

[On Guard Plus Capsules](#) for an immune system boost

[PB Assist Probiotics](#) for enhanced gut health

Daily Supplements

STRONG BONES + GUT HEALTH



Combined to offer needed nutrients in easy-to-take forms, the doTERRA a2z Chewable and IQ Mega Pack contains two nutrient rich products that work together to provide a life-long foundation of vitality and wellness

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And yes, even the 4 year old takes these capsules. They were the key last winter to our wellness routines.

Off to School

Their bodies are prepped and ready to go. Now it's off to school for the day.

Our kids don't always take oils with them to school. Chances are they will be a distraction and forget to use them. But if you have a child that needs more support with focus our attention during the school day, there are options that they can easily bring in their bag. Talk with your school to find the best practice for using oils at school.

We also try to ensure the teacher has a diffuser and oils for the classroom to support all students.

While the kiddos are away:

Mama takes a bath and relaxes....

Ha! If only this was true.....

I use these products at home while they are away for the day. It's important to me that the products I use in my home are free of toxins AND make my life easier. Even though I love a good DIY, I often purchase what's ready to go from doTERRA.

[On Guard Concentrate Cleaner](#) and [Abode Cleaner](#) to clean up all of the messes.

[Abode Laundry Pods](#) for their clothes to be clean and free of toxins.

[Abode Dish Soap](#) and [Dishwasher Tabs](#) for clean dishes.

[On Guard Hand Soap](#) at all of the sinks to wash hands and fruits and veggies



For more ideas on DIY cleaning to keep your environment clean and toxin-free check out the [Green Cleaning Guide](#)

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The After School and Evening Routine

Healthy habits don't stop at the end of the school day.

4:00 PM - Off the bus and home!

Oils are in the diffuser to greet them when they get home.

1. After school, snack and apply oils as needed to boost them from their day.

2. Homework

3. Playtime

6:00 PM - Dinner time as a family. Believe it or not, eating dinner as a family at the same time is important for our emotional and physical health. Don't wait until 8:00 PM to sit down and eat.

After Dinner Wind Down

After dinner, we begin our wind down and nighttime routine. We may play games, watch a show as a family, or read. This starts to shut down the brain so it's ready for sleep.

Try to avoid a lot of stimulation of the brain the hour before bed.

This can't always happen because of activities and such, but we try to make it happen as much as possible to keep us on track.

8:00 PM Bedtime

Yes, we go to bed at 8:00 PM. All systems of our body crave consistency and sleep. And little bodies, especially, need a lot of sleep!

More Oils!

That set of oils that I showed you? I carry it around everywhere - including up to the bedrooms at night.

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After they are in their jams we do more oils. Usually on their little feet because who doesn't love a foot massage before bed?

That connection with the littles before bed is powerful and fun. Not only does it relax them, but it also helps the parents with the wind down!

We use what they like!

[Calmer to start their relax](#)

[On Guard Touch](#)

[Cedarwood](#)

[Juniper Berry](#)

[Balance](#)

[Serenity](#)

We also make sure those diffusers are plugged in and ready to go. Every room has one. (Pro Tip: fill a quart jar with your chosen diffuser blend. This makes it easy to walk around and fill the diffusers all at once.)

Did you know our immune system reboots at night while we sleep? Adding oils into the rejuvenation process gives our bodies even more of a boost.

Go to Night Blends

2 drops On Guard
2 drops Juniper Berry
2 drops Cedarwood

2 drops On Guard
2 drops Breathe
2 drops Serenity

Nighty, night and lights out. Now it's time for mama to fill her own diffuser and relax.



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More focused if something does invade or when we know we have been exposed/traveling

I can say that with dedicated practice of this daily routine, it doesn't happen very often that unwanted germs sneak their way into this household. But when they do, OR when we are traveling or know for certain we have been exposed to someone else with the sneezes, we simply up our oils game.

With oils, less is more. This just means that instead of applying a lot all at once, we apply the same amounts just a little bit more frequently. For me, that's every 1-2 hours for oil application.

Make this easy and use the touch roller sets designed for your kiddos:

[Stronger Touch](#)

[On Guard Touch](#)

[Oregano Touch](#)

[Tea Tree Touch](#)

[Frankincense Touch](#)



Increase the Supplements

We also increase these supplements to daily or even a couple of times per day:

[DDR Prime](#) for healthy cell and immune function

[On Guard Plus Capsules](#) for an immune system boost On Guard Chewables 3-4 per day. One every 3 hours. [PB Assist Jr Probiotics](#) for enhanced gut health

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Additional tools:

[Breathe Vapor Stick for clear airways](#)

[Breathe Throat Drops](#)

[On Guard Throat Drops](#)

[DigestZen Touch Roller](#) for upset tummies

Targeted Support:

Here are some ideas for different concerns you may have going on in your home. If you make a roller bottle with any of these, use 5 drops of each oil and then fill the rest of your 10ML bottle with fractionated coconut oil.

Detox Bath

2 cups epsom salts

½ cup baking soda

5 drops of oils of choice

We like tea tree, lavender, balance



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Rise *and* Shine

UPLIFTING & ENERGIZING



Is your brain still on summer break? Have no fear, use these two oils to kick things in gear in the morning! Combine in a roller ball, or your diffuser..

STEAM CUP MAGIC



Two drops each in mug of hot water
Inhale into sinus area for relief
Repeat as needed



MAGIC with Katie

Creepy Crawlers

CLEAN HAIR



Unfortunately those creepy crawlers can strike at anytime. Use tea tree as a preventive measure. Add 15-20 drops to your shampoo, or add 10-15 drops to a spray bottle and spray on your child's hair daily.

Owie Blend

CUTS, SCRAPS, BRUISES



Do your kids come home with all the scraps and bruises from school? This owie blend is a perfect combo to cleanse any wound, and support the healing process. Combine these tree in a roller, or spray bottle.

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The diffuser blends and roller bottle blends I'm sharing are just a taste of what you can do with oils. With oils and littles, the combos and ideas are limitless.

As a member of our community you have access to more training, tools and resources through online events, a Facebook Community and in-person events. There are so many combos and ideas out there for continued education.

Now it's time to begin bringing these tools into your home. Are you ready?

Many of the individual products I have linked above in the document, but when you work with a Wellness Advocate on my team or with myself, we will help you create a way to get started and then a plan that shows you how to incorporate these beautiful oils into your home.

Stay healthy, my friends!

Immune Support

HEALTHY & STRONG



Protect your immune system with this daily support blend. Combine in a roller, and apply down the spine and the bottoms of your feet for daily immune support.



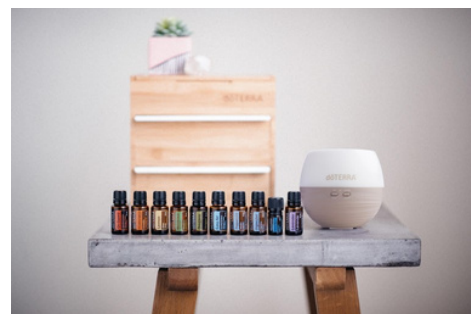
Favorite Collections:

[Home Essentials](#)

[Kids Touch](#)

[Touch Rollers Emotional](#)

[Rollers](#)



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