

How to use
Natural Solutions & Essential oils
Successfully
with
Fetal Alcohol Spectrum Disorder

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what is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is permanent brain damage caused by the birth mother drinking alcohol during pregnancy. It causes a myriad of symptoms that can range from mild to severe. It has also been called the invisible disability.

The symptoms of FASD often times can be managed with natural solutions and essential oils. Many times, as moms in the heat of the FASD battle, we don't know where to start and we don't want to do something that will make things worse.

Behavioral Characteristics of FASD

- Easily distracted by extraneous stimuli
- Often does not follow through on instructions
- Often interrupts/intrudes
- Difficulty with transitions
- No impulse control, acts hyperactive
- Sleep disturbance
- Lack of eye contact
- Learning lags: "Won't learn, some can't learn"
- Emotionally volatile, often exhibit wide mood swings
- Depression develops, often in teen years
- Problems with social interactions
- Escalation in response to stress
- Poor problem solving
- Difficulty seeing cause and effect

For more behavioral characteristics of FASD [CLICK HERE](#)

This quick guide gives you some natural solutions and the exact oils I have used to support my FASD kids both physically, emotionally, and behaviorally.

As you try out these oils, you can tweak the applications and amounts to fit your child.

Everyone's body chemistry is different, and we all respond differently, but this will be a great resource to start your journey with essential oils and your FASD kids.

Natural Solutions

Diet

Diet plays a key role in our health and the health of our FASD kids. Eating a "clean" diet helps to support the immune system and stabilize emotions. Eat plenty of fresh fruits and vegies, limit or in some cases eliminate processed sugar entirely, remove food dyes from the diet, and limit processed foods. In my experience with my own children and working with other moms of FASD, sugars and food dyes contributed to increased volatile emotions, hyperactivity, and unstable moods.

Rest

Getting adequate rest will help the FASD child to more easily control their emotions and maintain their physical health.

Our body resets and repairs itself during the night when we are at rest. The FASD child especially needs this time to help reset emotions and to physically recover from the day.

Structure/Routine

When our FASD kids feel like things are out of control, they have a more difficult time regulating their emotions.

Create a structured, predictable routine as much as possible. This will help provide a sense of safety and security. It may also ease anxious feelings.

When the schedule has to change or the unexpected happens, take a few minutes to explain to the FASD child what is going to happen, adding in as many details as you can to help put the child at ease. This may prevent behavior issues later.

Exercise/Outdoor Activity

All children need more exercise and outdoor activity than what our culture allows.

Strongly encourage your FASD child to play outside. Take them to the park or other outdoor activities where they can run, play, and explore. Give them the opportunity to burn off some of the excess energy that so often times gets them into trouble.

Limit Screen Time

Too much screen time doesn't allow our FASD kids to learn to focus and be creative. It can also contribute to misbehaviors. Use screen time as a reward. Let them earn their time. They will have much more fun with it, if they have earned it. (Ex. Child went to bed well, they can have 1/2 screen time or watch a 1/2 hour of their favorite show.)

Essential oils

What are Essential Oils?



Essential oils are natural and aromatic compounds extracted from plants for health benefits.

They work with the body to address issues and root causes on a cellular level.

They may support the body physically, emotionally, and behaviorally.

There are 3 ways to use essential oils.

Topically – on the bottom of feet or target areas

Aromatically – in a diffuser or inhale from hands

Internally – under the tongue or in a veggie cap.

Make sure your essential oils are safe for internal use. Not all oils are pure. I ONLY recommend [doTERRA](https://www.doterra.com).

When using essential oils with children under 6 years of age or with sensitive skin, always dilute in a carrier oil, such as fractionated coconut oil. A good ratio is 7-8 drops of carrier oil to 1 drop of essential oil.

My Recommendations

Here are my recommendations to support the following needs of FASD.

Anxious Feelings: [Balance](#) (grounding blend), Wild Orange, [Adaptiv](#), [children's vitamins and omegas](#) or [Life Long Vitality supplements](#), if your child is over 12 years of age or older

Sleep: [Balance](#) (grounding blend), Cedarwood, Vetiver or [Steady blend](#)

Uplifting of mood: Wild Orange, Frankincense, [Balance](#) (grounding blend), [Life Long Vitality supplements](#) or children's supplements, [Adaptiv blend](#)

Immune support: [On guard](#) (Protective blend), Children's vitamins and omegas, [Life Long Vitality supplements](#), [PB Assist Jr.](#), [Terrezyme](#) (digestive enzyme), Lemon, Frankincense

Digestive support: [Digestzen](#), [PB Assist](#) or [PB Assist Jr.](#), [Terrezyme](#), Marjoram, Peppermint

Emotional support: [Cheer](#), [Peace](#), [Motivate](#), [Passion](#), [Console](#), [Forgive](#),

This list is not exhaustive.

There are many more oils and combinations of oils that can be used, but this list is a good start to bringing balance back into the body both physically and emotionally.

These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.



Tips for Success

Start with 1 or 2 oils from the list. Use 1 drop on the bottom of the foot each day, morning or evening, depending on what you are targeting. (ie. Sleep: apply at night about 1/2 hour before bedtime.) If you don't see the results you want, add the next oil and use both. Find the combinations that work best for your child.

Be consistent! Due to the nature of FASD, consistency is key to success. The body needs the proper nutrients and tools to be able to heal itself and to function properly.

Don't give up! The goal is to have more good days than bad days. Essential oils and supplements will provide the body what it needs to function properly BUT our kids are STILL going to have some bad days. Don't throw the oils out when the bad day comes. Remember the good days and push through the moment, put on extra oils on the bad days, and remain consistent.

Use only pure, high-quality essential oils. I only use [doTERRA essential oils](#). They are the most tested and the most trusted oils on the market. I have had the greatest success with doTERRA essential oils.

To learn more about essential oils and how they can support your health check out my upcoming events.

My Events



About Me

My name is Jodi Randolph and I am a wife, mother of three, wellness coach/mentor and the CEO of Creating Healthy Families.

Several years ago, my husband and I adopted two children from an orphanage. It was an exciting time and a wonderful opportunity but the adventure had only just begun.

Parenting is not for the faint at heart. We soon discovered that both of our new children had FASD and one also had Cerebral Palsy. While the diagnosis was a relief, the journey to finding solutions for their health has been long. The more I researched the more I was not happy with the results. Finally, my research led me to incredible benefits of essential oils and natural solutions.

We have seen amazing results in the health and well-being of our family. I am passionate about sharing these incredible tools with moms of children with FASD and invisible disabilities. I want you to have as much success with natural solutions as I have.

Bringing balance into the lives of your children IS possible!



what's next?

Want to learn more?

Schedule a free 30 minute call with me.

[Schedule Now](#)

OR

Register for one of my FREE events.

[Register Now](#)

Many Blessings,
jodi