KIDS ON THE GO:  
Lavender Essential Oil,  
Kidscents Mightyzyme

Happy Kids, Happy You!

Are your kids climbing the walls? Waking you up at night? Putting off chores? They might be feeling unbalanced and in need of a little extra care.

A few targeted changes to your child’s daily routine could make all the difference. Here are seven key wellness tips you can use today to help your child build healthy habits and enjoy a balanced lifestyle.
SEVEN TIPS
for Happy, Healthy Children

• Keep them active. Inactive children tend to act out more—they just can’t help it!
• Support their digestion. A sour tummy is no fun. Give them a tasty, chewable KidScents® Mightyzyme each day to support normal digestion.*
• Learn something new with your child every day. Read a book together, visit an aquarium, or try out a new sport.
• Make bath time relaxing by adding a few drops of Lavender essential oil to your child’s bath water. Lavender can safely be used even on newborns and encourages calmness and relaxation in kid of all ages, from infants to teens.
• Give your kids their vitamins every day. Tasty, chewable KidScents MightyVites support growing bodies with the essential vitamins and minerals kids need daily.*
• Encourage relaxation at bedtime by adding a few drops of Lavender essential oil to your child’s pillow each night. Well-rested children are happier, more patient, and perform better in school.
• Laugh with your child every day. Share a joke, watch something funny, or laugh at life’s silly moments together. Laughter is a healing balm that fixes bumps and bruises and makes each day fun.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.