



le petit elephant

infant nursery * preschool * daycare *

Essential Oils Release

Through many diaper changes and multiple meals a day, our classrooms can sometimes get smelly and unpleasant for our precious babies. This year one of our goals is to help bring more calm to the classrooms and reduce the smell in our buildings in an effort to make learning more fun and effective. One way we hope to accomplish this is by using essential oils in a diffuser in the classroom as needed.

Essential oils have been reported to positively affect mood and memory. Many also have antibacterial properties as well. Below I have listed the oils I would like to use along with their properties. These oils are certified pure therapeutic grade (CPTG) from companies doTERRA and/or Mary Tylor Naturals. They have no synthetic chemicals or pesticides and are taken from organically grown plants. Please review this list and let me know if you have any questions or concerns regarding the use of these oils in our room. I would also need to know if your child has any allergies to any of the plants from which these oils are taken. Please sign below indicating that you have received this information and have your student return it to your teacher or the office.

Single Oils

Lavender: One aromatic benefit that Lavender oil is widely known for is its ability to promote a relaxing atmosphere that leads to restful sleep. The calming properties of the oil help create a serene environment that is optimal for resting well and staying asleep.

Lemon: When diffused, Lemon oil provides an uplifting environment and promotes a positive mood. Due to the chemical makeup of this oil, it has been shown to help improve mood with an energizing and invigorating aroma.

Sweet/Wild Orange: Diffusing Sweet/Wild Orange essential oil purifies the air, and this oil can also help uplift mood and increase feelings of energy.

All oil information was taken from Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils published by Abundant Health, 2011 and www.doterra.com.

Consent for Use of Essential Oils at Le Petit Elephant

Child's Name: _____

- I have read the above information and do not have any concerns or questions about the use of essential oils at Le Petit Elephant.
- I have read the above information and have questions or concerns about the use of essential oils at Le Petit Elephant. Please call me at _____.
- My child has allergies to one or more of the plants listed above. Please do not use the oils in my child's classroom.

Parent Signature: _____ Date: _____