

Dr. Mom: Car Kit for every Kid-emergency



Nancy Rattray, BCND, CNHP

Nancy is a Doctor of Naturopathy and dedicates her life to educating clients in holistic and natural health. Her own recovery from cancer in 2006 has inspired her to help others regain their health through non-invasive and effective therapies and products. Nancy holds a Bachelor of Science in Education from Bowling Green State University, graduate of

Trinity School of Natural Health and Board Certification as a Doctor of Naturopathy from the American Naturopathic Medical Association. She offers clients cutting edge integrative therapies through the use of Young Living™ Essential Oils, Biomat™ thermo-therapy, Raindrop Technique™, Reflexology, and educational workshops on holistic health.

The secret's out! The key to unlocking a super mom's super power is always being prepared. The trick is keeping a kid-emergency car kit packed with essentials. Here's what you'll need:

- **Bandages of all sizes.** They're a quick and easy fix for accidents big and small. Keep a few stashed away for scraped knees and other owies. We suggest having a small first aid kit handy, including Lavender essential oil to cleanse and soothe minor skin irritations.
- **Young Living Seedlings® Wipes.** Kids can be messy. Keep your car and your kids clean with our gentle, lightly fragrant Young Living Seedlings™ Baby Wipes. They're a great solution to any sticky situation.
- **Thieves® Waterless Hand Purifier.** We know kids are naturally curious and want to touch everything! Keep tiny hands clean with our Thieves® waterless hand purifier.
- **Your favorite essential oil.** Raising little ones is an exciting time, but the job description comes with chaotic days. At times, it can feel like a workout just getting kids buckled in the car seats! Once you've had the opportunity to get in the driver's seat, reward yourself and your kids with a deep breath of your favorite essential oil, like Stress Away™ essential oil. Try adding a few drops to a cotton ball and clipping it to an AC vent so the whole family can benefit from the fresh, soothing aroma.
- **KidScents®.** You never know when you'll need to whip out the oils for your kiddos. Some favorites to keep in your compartment are Owie™, TummyGize™, and SniffleEase™.
- **\$20 bill.** Forget your wallet? Keep some cash stashed in your car so you aren't left stranded with your kids. Forgot the lunch money? You have a \$20 in your kit!
- **Extra clothes.** Kids find a way to spill anything and everything on their clothes. Store an extra set in your back seat in case they need to change into clean clothes before going to Grandma's house.
- **Sick bag.** Sometimes kids get sick, and cars seem to be a favorite location. Avoid cleaning up your little one's morning meal by keeping a sick bag close by. And in case they miss the bag, keep Thieves® Wipes on hand to clean up the mess.
- **Deep Relief Roll-On.** When you're chauffeuring kids all day, you're bound to get a stiff neck and muscle aches. Pop out your Deep Relief Roll-On™ for a soothing massage and enjoy the refreshing and cooling sensation on your neck and shoulders.

- **Comfort toy.** For fidgety little hands, it's nice to have a distraction, especially during long rides. Bypass the screaming and kicking after a long day with your child's favorite toy.



- **Snacks.** Hunger pangs create fussy little ones. We suggest adding some Gary's True Grit® Wolfberry Crisp™ Bars, crackers, raisins, and other healthy snacks to your kid-emergency car kit.

- **Water bottles.** Water is great for hydrating, but it's also handy for washing dirty hands and feet, cleaning up spills, rinsing out sippy cups, and more. Keep a few bottles in your car kit—you'll be grateful you did!



Contact Nancy today

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