

Herbal Healing for Parents and Children

We will be starting this month off with some very simple lessons in herbology to get everyone started. Some of you may have already seen the Herbs for Kids video and the E-book but don't worry! This is just a tiny introduction to what we are doing this month and is only meant as a review for those who have seen it and an introduction for those who have not. This is not ALL we are doing 😊

I have a lot packed into this month so if anyone has any feedback on this tell me. I am open to expanding this into two months if you need it.

This is the schedule so far:

Italics are files found that you need to download or link to for use. I WILL be adding more of these files (and italics). You will be notified every time this guide is updated.

Introduction/Review (for those who have seen these videos)

Herbs for Kids Video

Herbs for Kids E-book

Step One

Lessons & Stories on Introducing Herbs

These videos and lessons will focus on introducing herbs to even the youngest children. They are very simple lessons but are essential for the child to do before they start learning anything more complex about herbs. And although they may seem child-like the adult can also benefit from these simple lessons. In learning we start from the earth and work up to the sky (the mind)!

Using the Senses to Introduce Herbs Video

Step Two

Projects with Herbs

These videos and lessons show some herbal projects I have done with children in my classes. My first projects always involve making something useful or familiar to the child. Watch the videos carefully as I am using Waldorf methods in teaching the herb concepts and have also included some little "tips" that I recently developed (so I have never taught some of these lessons before this month!) such as using the fondue pot instead of the stove! WOW! In preparing herbal preparations this made our class 100% more enjoyable and much easier to manage!

Cooking with Herbs Video

Tea Tasting Party Video

Dye with Herbs Video
Herbal Lip Balm Video

Step Three

Meanings and Uses of Herbs

Now we start learning some herbalism in a more abstract form...what can herbs be used for...what ARE herbs? We do some herbal form drawing and more...

Herbal Form Drawing and Inner Meanings Video
Herbal Yoga Video

Step Four

Application & Preparations

Now that we have become familiar with some things we can make, what herbs do and what herbs are we will start doing some minor healing with herbs and learn about the different ways we can heal using them. We will be making some more advanced herbal preparations such as tinctures and learn about dosages and how herbs work to heal the body.

Herbal Preparations Video #1
Herbal Preparations Video #2

Anything else you would like this month?

You are always welcome to answer questions and I might just be inspired to create a video for you or add something to the lesson plans. Ask away! Post to the list so everyone can benefit from the answers.

Q & A

This is the month to ask questions about what herbs can help you or your family with certain issues or problems you are having! So ask away! You can learn at the same time you heal.