



THE INTEGRATED EMPATH

RAISING EMPOWERED EMPATHS: TODDLERS TO TEENS

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10 TOOLS TO SUPPORT YOUR EMPATHIC CHILD

Please use your best judgment in terms of safety and supervision when practicing any of the exercises below. The age ranges are simply guidelines, and you'll need to decide what is age-appropriate for your child.

AGES 0-4

1. Flower Essences

Flower essences work with the subtle energy body to help promote shifts in emotion, thought patterns and even physical health. Because empaths are so sensitive, flower essences can help produce a very gentle shift over time; and because they are the extracted energetic essence of the flower, there are no risks in taking them (i.e. they do not have any herbal or medicinal content). As a result, they are a safe and gentle way to help sensitive children. Please consider [consulting a licensed flower essences practitioner](#), like our Integrated Empath host [Karyn Kulenovic](#), to find the exact blend of essences for your child, as well as dosage based on age. A few essences to consider for empathic children are:

- **Walnut:** a protective flower essence, this can help children feel more comfort in their immediate surroundings and environment.
- **Rock Rose:** I often recommend Rock Rose for children who have challenges at night, particularly with nightmares or night terrors. Rock rose is also helpful in providing calm and courage.
- **Pine:** As a result of taking on the emotions of others, empathic children often can experience guilt and even shame. Pine helps us move past these emotions.
- **Rescue Remedy (Crisis Blend):** a blend of five flower essences, this can be utilized in a moment of crisis, to help calm the nervous system. For children who are in a panic, tantrum or fearful state, Rescue Remedy can be used immediately to help balance their thoughts and emotions.

2. Aromatherapy

Aromatherapy is another fun and safe way to help children regulate their emotional state, and disconnect from the energy of others. If your child is under 1 year-old, you may want to be careful in the use of aromatherapy, however, there are varying viewpoints as to the safety of essential oils in newborns. [Consult a certified aromatherapist](#) if you are unsure.

One of my favorite practices with children and aromatherapy is to buy an inexpensive misting diffuser (they even sell [diffusers that change colors](#)), that your child can have in his/her room. Many of the children I work with like to “play” with their diffusers, putting their faces right up against the mist, running their fingers through it, or even pointing the mist in different parts of the room. Under your supervision, this is a fun and safe way for them to begin to form a relationship with a positive sensory instrument, as well as their environment, helping them to feel more in control of what their body needs as well as their environment.

Depending on the age of your child, there are also [kid-safe essential oils](#) – however, even these should only be used under supervision, as you want to avoid them ingesting the oil or experiencing a potentially adverse skin reaction from direct contact with the oil (every child and person has a different level of skin sensitivity).

If using in a diffuser, fill with water and place 5-10 drops in the container (when in doubt, follow your diffuser's instructions). You also can place several drops on a tissue that your child can carry with him/her, place by his/her pillow, etc. and smell as needed.

Some helpful essential oils for empaths are:

- **Lavender:** lavender is such a multi-faceted oil, and is wonderful for both protection, as well as increasing calm and uplifting the mood. Lavender is one of my first "go tos" for working with empaths, as most people enjoy the smell and respond quickly to it.
- **Sweet Orange:** this is a gentle and uplifting smell, that can improve mood for empathic children who are prone to low mood (sadness/depression) and it is also helpful for improving confidence.
- **Chamomile:** another very gentle scent, chamomile can be wonderful to help calm the nerves, and also to improve sleep for children who may have insomnia or feel fearful at night.
- **Geranium:** a slightly more powerful scent, geranium also uplifts the mood, as well as provides energetic protection. This helps empathic children disconnect and discharge from the energy they may have picked up from others.

AGES 5-8

3. Crystals

Most empathic children have a special connection to nature, and this is because nature helps us to find solitude, disconnect and recharge, and the negative ions we receive from touching the earth help balance our energy bodies and emotions. Crystals can be a fun, and concrete way to help your empathic child feel safe, strengthen their bond with nature, and utilize the energetic properties of crystals to support their gifts.

One of the beautiful things about children, especially empathic children, is that they are naturally intuitive and energetically sensitive. So most empathic children will naturally know which crystals they are drawn to, and form a relationship with each of their crystals, understanding which ones they need at which times in their lives. This is one of the ways you can help empower your empathic child through self-care: listening to their bodies, and their intuition, to know what they need in each moment.

I usually will suggest that parents take their child to a local crystal or metaphysical store, and let their child pick out the crystals that speak to them – and yes, many children literally do speak to their crystals, just as you or I might speak to a friend and confidant. It's a fun game to play with your child, to see what crystals they are drawn to, and then ask the salesperson or read up on the properties of the crystal afterward. As your child is getting to know his/her crystals, you may ask them what they feel from each crystal, if the crystal has a name (or if they'd like to give it one), where the crystal wants to be in their room, etc. Depending on size and safety of the crystal, I have several children who sleep with their crystals, holding them in their hands, or set up a crystal grid on their nightstand to help them feel safe. Some great crystals to consider for empathic children are:

- **Black Tourmaline** - A very widely known stone of protection is Black Tourmaline. Commonly used by Crystal-Healers, Black Tourmaline is a great ally for those exposed to negative energies regularly. It can protect you against electromagnetic smog and debilitating diseases. Black Tourmaline helps to clear the aura and surrounding

environment of negative vibrations. It can be very helpful during these changing times, and is supportive of the vibrational shift that the planet is currently undergoing. Black Tourmaline helps to balance all of the subtle energy bodies with the physical, encouraging a harmony of vibration which in turns, can facilitate a greater flow in our lives. Specifically, Black Tourmaline can protect against psychic attacks, negative entities, and psychic debris.
<http://www.healingcrystals.com/Listing by Stone Type/Black Tourmaline/>

- **Hematite** - Hematite helps to absorb negative energy and calms you in times of stress or worry. Hematite is a very protective stone, and is great to carry to help you stay grounded in many situations. Hematite can boost confidence, and is also good for working with the Root Chakra.
<http://www.healingcrystals.com/Listing by Stone Type/Hematite/>
- **Obsidian** - Black Obsidian Stone is a powerful cleanser of psychic smog created within your aura, and is a strong psychic protection stone. It has powerful metaphysical properties that will shield you against negativity, and the energy of these stones may stimulate the gift of prophecy. Pieces of these stones that had a shiny surface were used in the past as a tool for scrying. It an excellent crystal to use when you have been doing spiritual or healing work... as it has a strong action to ground you to Mother Gaia. This black stone is excellent to assist you to release disharmony that has built up in your day to day life and during work on yourself, including resentment of others, fear and anger.
<http://www.healing-crystals-for-you.com/obsidian-stone.html>
- **Selenite** - A protective stone, Selenite shields a person or space from outside influences. Selenite can evoke protection from the angelic realm and also dispels negative energy. Selenite calms and brings deep peace, and offers access to past and future lives. Selenite brings mental clarity, clearing confusion and revealing the bigger picture behind problems. Use Selenite in a grid around your home or in the corners of a room to create a safe and peaceful space. Selenite also removes energy blocks from physical and etheric bodies. Selenite is said to reverse the effects of “free radicals” to heal and repair on the cellular level.
<http://www.healingcrystals.com/Listing by Stone Type/Selenite/>
- **Amethyst** - Amethyst is a spiritually protective crystal, possessing a high vibration that helps to strengthen the aura against negative energies. It carries a serene vibration that helps one to remain calm in the face of any adverse situations, and also stimulate energies to rise in response to a problem or threat. Amethyst can work to protect one from the self by elevating and balancing mood, and by removing anger and frustration to be replaced by peace and selflessness. This raising of one’s own personal vibration has a tendency to attract higher experiences to the self, repelling the negative ones. Keeping an Amethyst Cluster in one’s home or office can protect the space from negative energies coming in, and emit a higher vibration, allowing for a greater connection to the spiritual realms. Amethyst also protects astral travelers from negative entities trying to attach themselves to one’s energy field. Protecting against all forms of psychic attack, Amethyst facilitates a connection to the Divine by activating the Third-Eye and Crown Chakras.
<http://www.healingcrystals.com/Listing by Stone Type/Amethyst/>

4. Faerie/Angel Garden

Creating a faerie or angel garden, either in your backyard or on a windowsill, can be a fun way to help your child engage his/her other side protectors through play. Most empathic children have a natural sense of the other side, as the veil tends to be thinner for all children, and especially those who are energetically sensitive. Many children learn to fear these other side visitors, simply because they don't understand them, and/or their parents or messages from society teach them to be afraid.

By empowering your child to connect with faeries or angels that are designed to protect and support them, your child can feel excitement about the unseen (or sometimes seen) energies that they perceive.

Creating a faerie or angel garden is super simple, and really there is no "wrong" way to do it. Set aside some time with your child to talk to them about their guides, and angels, and find a location outside or inside that you'll set up for their garden. Find fallen tree branches, crystals, figurines and gemstones, twinkling lights, garlands, etc. that they can decorate your garden with. Allow your child to play freely in how they'd like to set this up, asking them questions about who will visit, what they think about how their angels can help support and protect them when they feel afraid. You may be surprised at the information your child can tell you about what they perceive.

Allow this garden to be a space they can go to when they need to recharge or feel protected. Allow them free reign (within safety guidelines and under supervision) to make changes to the garden as needed, removing items, putting new ones in, rearranging "furniture," etc. This play space can be extremely powerful for them, especially as empathic children often feel a loss of control or powerlessness around their environment.

5. Aromatherapy Spray

Making an aromatherapy spray is another one of my favorite activities to do with children. You can consult the list above on what essential oils to use, do your own research, or take your child to your natural grocer and have them smell different scents, picking out the ones that resonate and smell "good" to them. This also helps empower them to rely on their intuition and what their body needs, by listening to what smells good to them.

You can pick up glass spray bottles at your natural grocer or online (glass should be used as plastic will deteriorate the quality of the oil – you can place the spray somewhere out of reach that they can ask you to access when needed, if you are concerned about it breaking).

With your child, pour distilled water into the spray bottle, $\frac{3}{4}$ of the way full. Add 5-7 drops of witch hazel and then, with your help, have your child smell each oil and have tell you how many drops to put in. Allow them to smell the spray as you add different oils, letting them create a blend that smells good to them. You may want to ask them what that blend is for, or how it makes them feel, and create a unique name for their blend. You can get creative with a label, having them draw on it if they'd like.

You can also solar or lunar charge the spray to energetically increase its properties (under the full moon, or for one day under the sun). I also like to add small pieces of crystal quartz or other crystals to the spray to increase its potency. Involve your child in as much of this as you'd like, allowing them to use their intuition to do what feels right to them.

AGES 8-12

6. Nature Sanctuary

For older children, helping them locate a place in nature that can be their personal sanctuary, can be a very empowering and healing way for them to learn to discharge their energy and emotions. This may be somewhere in your backyard, or in a nearby park or outdoor area. With your help and supervision, allow them to pick out a place that feels right and good to them, and maybe even find a special sitting pillow or chair they can take with them there to sit on.

You may also create a little “go bag” that they can take with them to their nature sanctuary, with crystals, books, coloring and art supplies, that they can take with them to their nature sanctuary. If it’s in your backyard, you can also help them decorate or sanction off the space as you feel comfortable doing, and perhaps even combine it with their faerie/angel garden.

Set up guidelines for how and when it’s okay for them to go there, and help them understand that taking solace in nature and quiet can be a really powerful and important way for them to manage their energy, thoughts and emotions in the current moment, and throughout their lives.

7. Smudging Ceremony

Usually around ages 8-12 children start becoming much more aware of how much energy they are picking up from others, and as a parent, you may also see how susceptible their mood is to the environment they’re in. Smudging is a powerful way to clear their own personal energy, as well as the energy of spaces they are frequently in. Because this includes the use of fire, you’ll need to decide what you are comfortable allowing your child to do, and at what age. I like to use palo santo as opposed to sage with children, because it does not ash the same way sage does, and so is safer for preventing burns (you can purchase this online and often your natural grocer or metaphysical shop will carry it).

You’ll need a stick of palo santo, a lighter and, as a safety precaution, a ceramic dish to place under the lit palo santo, that can also be used to extinguish it (as you would a cigarette) and catch any ash that may fall. You may also use a found feather to fan the smoke, but it’s not necessary.

You may smudge your child (or show them how to smudge themselves) by starting at the top of the head and moving down the front of the body, waving the palo santo around, and getting underneath the feet by having them pick one foot up at a time. Then move to the back of the body, being sure to get under the arms, and up the inside of the legs. You are using the smoke to help burn away and clear any energy that’s been picked up over the course of the day.

You can also help your child smudge his/her room by starting in the East, and moving in a counterclockwise direction, being sure to get the windows and upper corners. I’ll often have the child draw a symbol that means something to them with the smudge in the center of each wall (a heart, the cross, a peace sign, etc).

8. Meditation

Even children who are younger than 8 years old can learn to meditate, and there are so many online and community resources to help your child (and yourself!), learn how to meditate. Meditation is one of the most valuable tools any of us can learn to help quiet the mind, recharge our energy, and balance our mood. For empaths, meditation helps us learn to disconnect our energy from that of

others, helps to quiet the mind so we can tune into what is “ours” and what is someone else’s, and also make meaning of what sometimes feels like an overwhelming and confusing barrage of thoughts and emotions.

Consider finding a local meditation or yoga group for your child, reading about meditation for children online, searching for meditations for children on YouTube, or even starting your own family and/or community meditation group.

Remember that children have a hard time sitting still, so while it’s valuable to teach them traditional meditation styles that include sitting, with eyes closed, you may also experiment with moving meditations (hiking, yoga, qi gong, tai chi, etc.) and artistic or creative meditations (geometric coloring books, mandalas, etc.).

AGES 13-18

9. Energy Thermometer

As your child gets older, s/he can become more adeptly aware of his/her energy, particularly peaks and valleys, or times when s/he feels overloaded or depleted. One of the exercises I use with older children is to create an Energy Thermometer that they can visualize, and tune into where their energy is at.

You can have them actually draw this thermometer, or simply visualize it. I have a few parents who have placed a large poster of a thermometer in their child’s room, and they can ask their child where their energy is if they are noticing challenges with their child, and/or as a daily routine to help their child understand changes in their energy.

Helping your child to understand energy movement, both helps them catch subtle changes before they get out of control, and also empowers them to know what they need to do depending on where their energy is (i.e. rest if it’s depleted, or discharge in nature if it’s too high).

Either in their mind’s eye, or looking at a physical image of a thermometer, have your child take a few deep breaths in and out, and then either point to the place on the physical thermometer that describes where their energy levels are, or give you a number from 0-10+ (0 being completely depleted, 10 or above being high or excessive).

Allow your child to be intuitive with this process, and it may take some practice. However, this is an invaluable tool that many of us could benefit from using through our lives, before we get to the point of rage, anxiety, depression and/or crashing.

Help your child to create a list of coping skills s/he can use to either discharge energy or increase energy.

10. Trigger List

Another helpful tool for older empathic children is to begin to develop their own personal “trigger list.” This is a list of events, people, situations or places/environments that put them into energy overload or deplete them. They’ll know what these situations are because, for lack of a better word, they make them feel “bad” or don’t feel good to them.

Helping your child to identify their triggers, allows them to prepare for situations or events they know may be challenging, by shielding, building in extra time for transitions, or having a way to remove themselves if it's possible and/or needed. It will also help them understand what they may need to do after the situation as well, such as smudging or going to their nature sanctuary/angel garden.

Additionally, if they are willing to share the trigger list with you, you may be able to help empower your child to interact with these situations, people, etc. in a different way. You may even decide on a "trigger word" that is a "secret code" between the two of you, so you know your child is triggered and needs your support. At that point, you may decide to give them permission to leave the situation for a few minutes, help them breathe, or even just take 5 minutes to talk through what's happening for them, helping them to calm and ground.

Sometimes for empaths, leaving a situation is truly the best solution. However, when we use this solution every time that a situation is triggering, it can have an adverse impact as we don't learn "frustration tolerance," or have the experience of using our tools in the moment to get through a challenging or triggering experience. As we are hoping to raise empowered empaths, it's important that "fleeing" a situation not become a "go to" response, as that can lead to avoidance behaviors, and ultimately doesn't teach us that we have the power to shield and protect ourselves, even in challenging situations.