

# Restoring Immunity Gemmo Mom: Creating Emotional Awareness

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover how to guide your children to develop their own emotional awareness and eventually responsibility. Listen in to catch a few of our favorite Gemmos.

Have a question about your children? We'd love to hear.

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

New to Gemmotherapy? Here's a Beginner's Guide to get you started.

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