

Reset Like a Mother!

What Helped Us: A Gentle Guide for Supporting
Neurodivergent Children



LOVE . FAITH . MAGIC

A calm nervous system. A regulated child. A supported parent.

by Anu

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OUR STORY & WHY THIS GUIDE EXISTS

Motherhood teaches you things no book ever prepares you for.

When Arwyn was little, we knew she experienced the world differently — her senses were louder, her emotions were bigger, and her nervous system needed more support. As parents, we were learning just as she was growing. Some days were beautiful. Some days were overwhelming. And all of it was real.

This guide wasn't created because we "figured it out."
It was created because we kept going — learning, trying, adjusting, and finding what actually helped her stay calm, regulated, and happy.

Everything here is:

- ✦ Functional
- ✦ Natural
- ✦ Gentle
- ✦ Based on our real life
- ✦ And has supported Arwyn in her own unique way

But the most important thing to remember is:
Every child is different. Every nervous system is different.

This isn't a prescription.

This isn't medical advice.

It's simply what helped our daughter — shared with love so you don't feel alone on your journey.

If something here helps your child even 1%... that's a win.
If it gives you clarity, hope, or comfort... that's a win too.

Ana xx

THE FOUNDATION: GUT & NERVOUS SYSTEM

When we supported these two, everything changed for Arwyn.

For many neurodivergent children, the gut and the nervous system are deeply connected.

When the gut is inflamed or unbalanced → the brain feels it.

When the nervous system is overwhelmed → behaviour, emotions, and sleep reflect it.

We noticed that when we worked on these two areas gently and consistently:

- ✦ Arwyn was calmer
- ✦ Her meltdowns reduced
- ✦ Her attention improved
- ✦ She smiled more
- ✦ Her body felt safer

None of this happened overnight.
But slowly... her whole system felt lighter.



THE FOUNDATION: GUT & NERVOUS SYSTEM

Why these two areas matter:

- ♥ The gut affects mood, digestion, behaviour, immunity, sleep, and emotional regulation.
- ♥ The nervous system determines whether a child feels safe, grounded, and able to cope with daily life.

When these two are supported, everything else becomes easier — eating, learning, transitioning, toileting, sensory tolerance, even bonding.

This guide begins with the gentle, natural things that helped us strengthen these foundations... one small change at a time. ✨



GUT SUPPORT: MUSHROOMS & PROBIOTICS

What we give Arwyn — and why it helps her stay calmer and more regulated.

For Arwyn, gut support became one of the biggest turning points.

Her digestion, mood, sleep, emotions, and behaviour all improved when we gently supported her system from the inside.

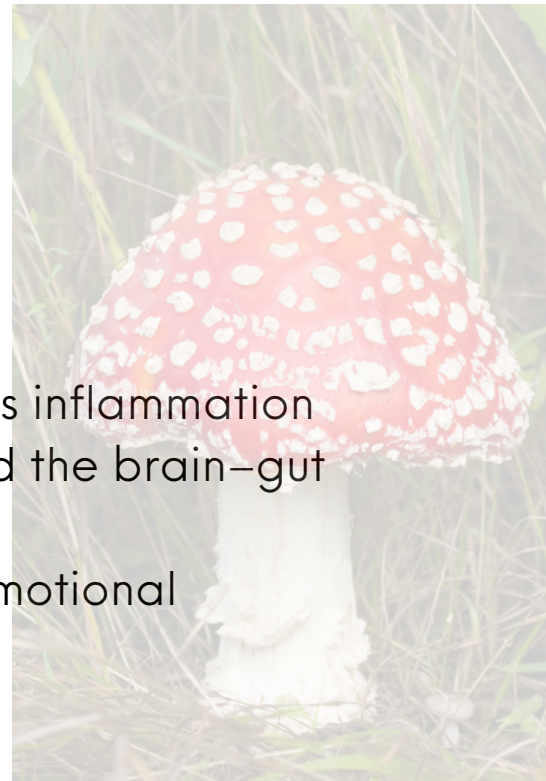
We don't use a traditional probiotic daily — instead, we use functional mushrooms, which act like natural prebiotics and nervous-system supporters.

Here's what we use and why it helps:

Functional Mushrooms (What We Use)

We give Arwyn a gentle blend containing:

- ✨ Chaga – supports the gut lining, reduces inflammation
- ✨ Lion's Mane – supports focus, mood, and the brain–gut connection
- ✨ Reishi – calming, grounding, supports emotional regulation



GUT SUPPORT: MUSHROOMS & PROBIOTICS

These are not probiotics, but they:

- ♥ feed good gut bacteria (prebiotic effect)
- ♥ support digestion
- ♥ strengthen the immune system
- ♥ help reduce inflammation
- ♥ calm the nervous system
- ♥ support emotional balance

For Arwyn, this meant:

- ✦ fewer meltdowns
- ✦ calmer mornings
- ✦ better focus
- ✦ improved sleep
- ✦ softer, more regulated emotions
- ✦ overall happier days



We use the ARWYN brand mushroom's because it's clean, child-safe, and gentle on her system.

GUT SUPPORT: MUSHROOMS & PROBIOTICS

Are mushrooms the same as probiotics?

No — but they work beautifully alongside probiotics.
Mushrooms = prebiotic, calming, brain + gut support
Probiotics = good bacteria added to the gut

Together, they support each other.

♥ If you want to add a child-safe probiotic:

Here are gentle options parents love:

✨ Optibac Kids Probiotic (UK)

Clean, mild, safe, great for sensitive tummies.

✨ Garden of Life Kids (dairy-free, gluten-free)

Multiple strains, no artificial additives.

✨ Biokult Infantis

Includes DHA + gentle bacterial strains.

GUT SUPPORT: MUSHROOMS & PROBIOTICS

All are:

- ✓ child friendly
- ✓ safe for sensitive / neurodivergent tummies
- ✓ free from artificial colours & unnecessary fillers
- ✓ easy to mix into food/drinks

Start slow (every 2–3 days) and increase gradually.

✨ **A gentle reminder**

Every child's gut and nervous system works differently. This is simply what supported our daughter — take what feels right for your little one.



MAGNESIUM: CALMING THE NERVOUS SYSTEM

One of the most regulating, supportive supplements for Arwyn.

Out of everything we tried, magnesium made one of the biggest differences for Arwyn's nervous system.

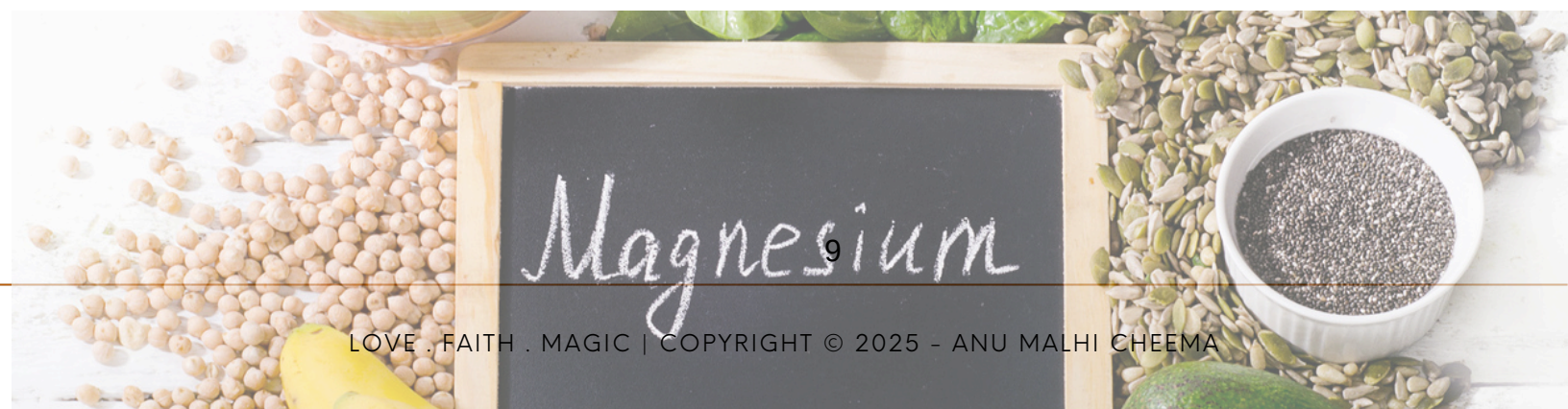
It's gentle, natural, and deeply calming — especially for children who feel the world intensely or become easily overwhelmed.

♥ The Magnesium We Use

We use Mighty Kids Magnesium because it's:

- ✦ Child-safe
- ✦ Clean, low-tox ingredients
- ✦ Easy for sensitive tummies
- ✦ Designed for emotional + nervous system support

This blend helped Arwyn feel more grounded, calmer, and more settled at the end of the day.



MAGNESIUM: CALMING THE NERVOUS SYSTEM

Why Magnesium Helps

For Arwyn, we noticed:

- ♥ Calmer emotions
- ♥ Reduced overwhelm
- ♥ Softer, more regulated moods
- ♥ Less hyperactivity
- ♥ Easier bedtime
- ♥ Fewer meltdowns
- ♥ Better quality sleep



When her nervous system is calm, her ability to cope, communicate, and regulate improves naturally.

✦ Why Mighty Kids Magnesium Works Well

This type of magnesium supports:

- ✦ Emotional balance
- ✦ Stress response
- ✦ The brain–gut connection
- ✦ Relaxation
- ✦ Sleep quality
- ✦ Sensory overwhelm

It gently nudges the nervous system out of “fight or flight” and into a more peaceful state.

MAGNESIUM: CALMING THE NERVOUS SYSTEM

How We Use It

- We give it in the evening
- We started low and increased slowly
- On sensory-heavy days, it noticeably helps her body unwind
- It pairs beautifully with Epsom salt baths or a bedtime routine

Consistency > perfection.

Small doses daily made the biggest difference for us.

♥ Reminder

This is what works for our daughter, based on her needs. Every child is different — take what feels right for your little one. ♥



OMEGA-3 & MULTIVITAMINS

Supporting the brain, emotions, focus & overall balance.

Once we supported Arwyn's gut and nervous system, the next step was helping her brain and body get the nutrients they need to stay regulated.

For neurodivergent children, Omega-3 and a gentle multivitamin can make a big difference in mood, behaviour, learning and emotional balance.

♥ Why We Use Omega-3

Omega-3 is one of the most important nutrients for brain development and emotional regulation.

For Arwyn, we noticed improvements in:

- ✦ Attention
- ✦ Mood
- ✦ Understanding
- ✦ Calmer reactions
- ✦ Less irritability
- ✦ Better communication
- ✦ Reduced inflammation



It supports the nervous system and helps the brain process the world with more ease.

OMEGA-3 & MULTIVITAMINS

♥ **Why We Use a Multivitamin**

A good multivitamin fills in the gaps — especially for selective eaters or children with sensory food aversions.

We noticed improvements in:

- ✦ Energy
- ✦ Immunity
- ✦ Skin & digestion
- ✦ Cognitive function
- ✦ Overall stability



It's not about perfection — just gentle support.

✦ **What to Look For in a Kids Multi**

Choose one that is:

- ♥ Free from artificial colours
- ♥ Low in sugar
- ♥ Dairy-free + gluten-free where possible
- ♥ Gentle on the stomach
- ♥ With basic essentials (iron, vitamin D, B-vitamins, zinc)

Clean, trusted options include:

- Mighty Kids Multivitamin (simple + child-safe)
- Wild Nutrition Children's Food-Grown Multi
- Viridian Kids Multivitamin & Mineral

OMEGA-3 & MULTIVITAMINS

♥ **Reminder**

Every child absorbs and processes nutrients differently. This is simply what helped our daughter stay clearer, calmer, brighter and more balanced. ♥



RED LIGHT THERAPY (BioMax Light)

A gentle, calming tool that helped Arwyn regulate her body and emotions.

Red light therapy wasn't something we planned to use — but it became one of the most soothing, grounding parts of Arwyn's routine.

It's non-invasive, calming, and supports the body on a cellular level. For children who become overwhelmed easily, this kind of gentle input can feel regulating and safe.

♥ What We Use

We use the BioMax Red Light Panel.
It's safe, low-heat, and easy to use at home.

✦ Why We Use It for Arwyn

We noticed positive changes in:

- ✦ Calming her nervous system
- ✦ Easing sensory overload
- ✦ Supporting better sleep
- ✦ Soothing her mood in the evenings
- ✦ Reducing “wired but tired” energy
- ✦ Helping her regulate after busy days

It's one of those tools where the benefits build slowly, day by day — but once we added it, her evenings became much softer.

RED LIGHT THERAPY (BioMax Light)

♥ How We Use It

- 5–10 minutes per session
- Usually in the evening
- We keep the room dim and calm
- She stands/sits near the panel while playing or relaxing
- No force, no pressure — just gentle exposure

It becomes part of her wind-down routine, like a warm bath or soft lighting.

✨ Why It Helps Sensitive or Neurodivergent Children

Red light supports:

- ♥ Mitochondria (the body's energy system)
- ♥ Sleep hormones
- ♥ Recovery
- ♥ Calming signals in the brain
- ♥ Inflammation
- ♥ Emotional regulation

This is why children who struggle with sensory overload or emotional intensity often respond well — their systems finally get a moment to reset.

♥ Reminder

This is what helped our daughter, used gently and consistently.
Every child is different — always go with what feels safe and natural for your family. ♥

FOOD: WHAT WE GIVE ARWYN & WHY

Simple, gentle nutrition that helps her stay calm, regulated & balanced.

Food plays a huge role in how a child's brain and nervous system feel.

We're not perfect — and we don't aim to be.

But over time, we noticed that certain foods made Arwyn calmer, and others made her more overwhelmed, hyper, or emotional.

This page is simply what works for our daughter.

♥ 1. We Reduce Processed Foods

Not strict — just mindful.

Highly processed foods can affect:

- ✦ blood sugar
- ✦ mood swings
- ✦ gut inflammation
- ✦ behaviour
- ✦ sleep
- ✦ hyperactivity

When we reduced them, we saw softer emotions, better focus, and fewer meltdowns.



FOOD: WHAT WE GIVE ARWYN & WHY

✦ 2. Mostly Dairy-Free & Gluten-Free

This was a big shift for Arwyn.

Why:

- ♥ dairy can cause mucus, bloating, mood dips, and gut irritation
- ♥ gluten can trigger inflammation + digestive discomfort
- ♥ both can impact behaviour in sensitive children

When we reduced them, she became:

- ✦ calmer
- ✦ less bloated
- ✦ happier
- ✦ more regulated
- ✦ more comfortable in her body

We're not 100% strict — we just do what feels right for her.

♥ 3. Whole Foods That Support Her

We focus mainly on:

- 🍏 fruits & vegetables
- 🍲 Quinoa
- 🍓 smoothies
- 🌱 lentils, beans (if tolerated)
- 🥥 coconut-based products

These keep her energy stable and her mood more predictable.



FOOD: WHAT WE GIVE ARWYN & WHY

✨ 4. Balancing Blood Sugar

This makes a massive difference in mood and behaviour.

What helps:

- pairing carbs with protein
- regular mealtimes
- avoiding long gaps between meals
- simple, steady meals

Stable blood sugar = stable emotions.

♥ 5. Gentle, Child-Led Approach

We never force.

We never aim for perfection.

We just choose foods that help her feel her best — and we follow her cues.

✨ Reminder

Every child has different tolerances.

This is simply the nutrition approach that supports our daughter mentally, emotionally & physically. ♥ ✨



HOMEOPATHY: GENTLE REMEDIES WE KEEP AT HOME

Soft, natural support for emotions, sleep, immunity & everyday challenges.

Homeopathy has been one of the most calming additions to our home toolkit. It's gentle, safe, non-invasive — and for children who are sensitive or easily overwhelmed, it can offer soft emotional and physical support.

This is not medical advice.

This is simply what helps our daughter, based on her unique needs.

♥ Why We Use Homeopathy

Because Arwyn responds better to soft, natural approaches than strong interventions.

We notice it supports her with:

- ✦ emotional overwhelm
- ✦ sleep struggles
- ✦ transitions
- ✦ fear-based reactions
- ✦ sensory overload
- ✦ immunity
- ✦ general comfort

It's never used as a replacement for medical care — just a gentle support system.



HOMEOPATHY: GENTLE REMEDIES WE KEEP AT HOME

✨ Remedies We Keep at Home

Here are the most common homeopathic remedies families use (and the ones we find helpful with Arwyn):

1. Chamomilla

For irritability, teething, frustration, and emotional intensity.

2. Pulsatilla

For clinginess, separation sensitivity, mood swings, and emotional softness.

3. Calc Carb

For worries, anxieties, slower processing, or feeling overwhelmed easily.

4. Aconite

For sudden fear, panic, shocks, or anxious reactions.

5. Arsenicum Album

For tummy issues, anxiety, restlessness, or discomfort.

6. Nux Vomica

For digestive imbalances, overstimulation, or irritability from overwhelm.



LIFESTYLE SUPPORT: THE LITTLE THINGS THAT MAKE A BIG DIFFERENCE

♥ 3. Soft Sensory Environment

We keep the home as calm as possible with:

- ✦ warm lighting
- ✦ reduced clutter
- ✦ low background noise
- ✦ cozy corners
- ✦ predictable spaces

A calm environment = a calmer child.

✦ 4. Safe Downtime

Children like Arwyn need decompression time.
This helps her:

- ♥ reset
- ♥ process the day
- ♥ regulate
- ♥ find comfort in quiet

We honour her need for space.

♥ 5. Predictable Routines

Structure helps ND children feel safe.

We keep our mornings and evenings similar so her body knows what to expect.



✨ Final Message

This guide is simply what has helped our daughter, Arwyn.
Every child is beautifully unique, and your journey will look different — but you're doing your best, and that is more than enough. 💖 ✨



To every mum reading this...

*I created this guide straight from my heart, from our home, and from our journey with
Arwyn.*

*Nothing here is perfect, scientific or “by the book” — it’s simply what helped us through
the long nights, the meltdowns, the sensory overwhelm, the worries, and the moments
where I didn’t know what else to do.*

*If you’re here reading this, it means you’re a mum who wants the best for your child.
And I want you to know... you’re doing an incredible job.*

*There is no right or wrong way.
There is only your way, your child’s way, and your family’s rhythm.*

*Some days will feel beautiful.
Some days will feel heavy.
Both are part of this journey — and neither define you.*

*You are strong.
You are patient.
You are learning.
And even on the days you feel like you’re breaking... you’re still showing up with love.*

*This guide was created so you never feel alone in this.
I hope even one page brings you clarity, comfort or understanding.*

*With all my love,
Anu xx*

LOVE . FAITH . MAGIC

EMPOWERING MUMS TO BALANCE LIFE



Why I'm Here I know how it feels to juggle all the roles— **mum, wife, daughter-in-law, and everything in between**—while still trying to care for yourself. **It's not always easy**, but I've learned that small steps can **create a big impact**. These guides and meditations are about sharing those steps, whether it's **practical tips for busy mums, inspiration for self-care, or real, honest conversations about motherhood**.

If you'd like more gentle tools, printables, routines, affirmations, and resources for mums, you can find them here:

👉 My Etsy Shop:

lovefaithmagic.etsy.com

Thank you for being here.
Thank you for showing up every day for your child.
And remember — even on the hard days, you're doing better than you think. 💖✨

Anu xx

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✨ Disclaimer

This guide is based on our personal experience with our daughter, Arwyn. Every child is unique, and what has helped us may not be right for every family. The information shared here is for educational and supportive purposes only and should not be taken as medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional before introducing new supplements, therapies, or dietary changes, especially for children with additional needs.

Please use your own judgement and take only what feels right for your child and your family.