



# THE SOLINGER METHOD

by Root Health L.L.C.

## **Pediatric Irritability**

### **FUNCTIONAL WELLNESS SUPPORT PLAN**

Pediatric Irritability

Root Health L.L.C, The Solinger Method

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## **What Is Pediatric Irritability**

Pediatric irritability refers to persistent or frequent emotional reactivity that is disproportionate to the situation or developmentally inappropriate for the child's age. It may present as frequent meltdowns, low frustration tolerance, anger outbursts, crying spells, mood swings, or emotional volatility. While irritability is often dismissed as behavioral, it is very commonly rooted in underlying physiologic imbalance.

In children, emotional regulation is tightly linked to nervous system maturity, blood sugar stability, gut health, micronutrient status, sleep quality, and inflammatory load. When one or

more of these systems are stressed, the child's emotional bandwidth narrows, making regulation more difficult.

From a naturopathic perspective, irritability is a symptom of system overload rather than a character trait. Supporting the body's foundations often leads to significant emotional improvement without the need for suppression or labeling.

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## Common Root Causes

- nervous system dysregulation or sensory overload
  - blood sugar instability
  - magnesium or zinc deficiency
  - iron deficiency or low ferritin
  - poor sleep quality or insufficient sleep
  - gut inflammation or dysbiosis
  - food sensitivities
  - chronic low grade inflammation
  - stress, transitions, or unmet sensory needs
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## Common Signs and Symptoms

- frequent meltdowns or emotional outbursts
  - low frustration tolerance
  - irritability that worsens when hungry or tired
  - mood swings throughout the day
  - anger or aggression without clear triggers
  - tearfulness or emotional sensitivity
  - difficulty with transitions
  - restlessness or hyperactivity
  - headaches or abdominal complaints
  - worsening behavior in the late afternoon or evening
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## Foundational Support Strategies

- consistent meals and snacks to stabilize blood sugar
- prioritizing sleep and consistent bedtime routines
- reducing artificial dyes, preservatives, and excess sugar
- adequate daily protein intake
- daily outdoor movement and sunlight exposure



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- predictable routines and clear transitions
- sensory regulation strategies appropriate to the child
- addressing constipation or digestive discomfort promptly

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## Pediatric Supplement Blends for Irritability

### Magnesium Glycinate

One of the most important nutrients for emotional regulation. Calms the nervous system and improves stress tolerance.

- ages two to five, eightytwo hundred twenty milligrams daily
- ages six to twelve, one hundred twenty to two hundred milligrams daily
- ages thirteen to seventeen, two hundred to four hundred milligrams daily

### Omega Three Fatty Acids

Support neurotransmitter signaling and reduce neuroinflammation linked to irritability.

- ages two to five, three hundred to five hundred milligrams daily
- ages six to twelve, five hundred to eight hundred milligrams daily
- ages thirteen to seventeen, eight hundred to twelve hundred milligrams daily

### Zinc

Essential for emotional regulation, impulse control, and stress response.

- ages two to five, five to seven milligrams daily
- ages six to twelve, seven to ten milligrams daily
- ages thirteen to seventeen, ten to fifteen milligrams daily

### Vitamin B Complex, methylated

Supports neurotransmitter production and emotional resilience.

- ages six to twelve, one half pediatric dose daily
- ages thirteen to seventeen, one full adult dose daily

### LTheanine

Reduces anxiety driven irritability and sensory overload.

- ages six to twelve, fifty to one hundred milligrams one to two times daily
- ages thirteen to seventeen, one hundred to two hundred milligrams one to two times daily

### Iron, only if ferritin is low

Low ferritin is strongly associated with irritability and poor frustration tolerance.

- pediatric dosing, two to three milligrams per kilogram daily divided

Use only with lab confirmation and recheck ferritin in eight to twelve weeks.

### Probiotics

Support gut-brain communication and reduce inflammatory triggers of irritability.

- toddlers, ten to fifteen billion CFU daily



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- ages six to twelve, fifteen to twenty five billion CFU daily
  - teens, twenty five to fifty billion CFU daily
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## Accessing the Full Supplement Protocol

A complete supplement protocol for pediatric irritability is available in Fullscript using clinical, pharmaceutical grade formulations. Parents may create a free account and access the full list of supplements and dosing under the “Protocols” section by locating the corresponding condition name.

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## When Further Evaluation Is Recommended

Further evaluation should be considered when irritability is persistent, escalating, or accompanied by:

- sleep disruption
- hyperactivity or impulsivity
- headaches or abdominal pain
- eczema or skin issues
- constipation or diarrhea
- learning or attention concerns
- anxiety or mood changes

Recommended evaluation may include ferritin, vitamin D, magnesium RBC, blood sugar markers, and comprehensive stool testing to assess gut brain axis involvement.

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