



The Children's Reflexology Programme

Instructor Trainer

COURSE CHECKLIST

Venue

Date

DD/MM/YY

The Children's Reflexology Programme ☐

Course timetable ☐

Day One ☐

Day Two ☐

Day Three ☐

Instructor assessment ☐

Completing this course ☐

Micro-teach exercise ☐

Written Assignments ☐

Anatomy & Physiology assignment ☐

Parent impact assignment ☐

Reflective practice and teaching diary ☐

Reflexology ☐

What is reflexology? ☐

Reflexes ☐

The Solar Plexus ☐

The Teeth ☐

The Head ☐

The Eyes & Ears ☐

The Spine ☐

The Lungs & Chest ☐

The Immune System ☐

The Digestive System ☐

The Lymphatic System ☐

The Kidneys, Ureter & Bladder ☐

Pressure ☐

Contra-indications to Reflexology ☐

Animals ☐

Touch ☐

Touch and Post Natal Depression ☐

The Four Techniques ☐

Caterpillar ☐

Butterfly ☐

Finger Stroking ☐

Hand Stroking ☐

Kissing ☐

Running a Course ☐

Know What You Are and Are Not ☐

Finding Your Market ☐

Venues ☐

Host at Home ☐

Booking Forms ☐

Register ☐

On the Day ☐

The First Protocol ☐

The Next Class ☐

Teaching ☐

Safeguarding ☐

Inclusive Teaching ☐

The Feedback Sandwich ☐

Tips for Teaching Parents and Carers ☐

Pre-Crawlers. ☐

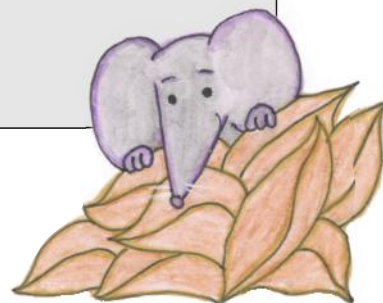
Crawlers ☐

Toddlers ☐

Pre-Schoolers ☐

Mums of Children at School ☐

Pregnant Women ☐





The Children's Reflexology Programme

The Animals, Rhymes and Reflexes

- Mouse - The Solar Plexus
- Squirrel - The Head
- Owl - The Eyes & Ears
- Snake - The Spine
- Hare - The Lungs & Chest
- Badger - The Immune System
- Mole - The Digestive System
- Otter - The Lymphatic System
- Frog & Toad - The Urinary System

The Protocols

- Reflux
- Teething, Colic and Migraines
- Digestive Disorders
- Pre – Immunisation
- Post Immunisation
- Allergies
- Coughs and Colds
- Ear Ache
- Tantrums
- Fear & Insecurity – The Mouse's House
- Newborn

Anatomy and Physiology

- The Digestive System
- The Lymphatic System
- Immune System
- Cardiovascular System
- The Respiratory System
- Nervous System
- The Urinary System
- The Skeletal System
- The Muscular System
- The Integumentary System
- Fascia – The Continuous Web
- Complementary Medicine –
The Holistic Approach

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TCRP as a Business

- The Programme
- Branding
- Insurance
- Host at Home
- Privacy
- Income
- Website
- Instructor Packs
- Parent Course Packs
- Membership
- Code of Ethics
- The Corporate Programme
- A Unique Programme

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Music for the rhymes

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Code of ethics

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Bibliography

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Homework

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