



The Children's Reflexology Programme

- Qualified Instructor

Early Years Practitioner Training

Please find attached information about our award winning training programme which we have seen transform relationships between early years practitioners and their charges by enabling them to deliver reflexology to the children in their care.

Reflexology is a lovely, simple way to help children with bonding, calming, sleeping and just feeling settled. It can also support children with common childhood conditions. Children even learn to use it on themselves.

You are one of only a few settings that I am contacting at the moment to see if you would be interested in this training for your staff to use our programme, adding another USP to your service. Training is just one day and I am happy to come to your establishment to deliver it to your appropriately qualified level three practitioners.

Please do get in touch if you think this innovative programme might be something that interests you.

Yours sincerely,





The Children's Reflexology Programme

Early Years Practitioners

The Children's Reflexology Programme was created by Susan Quayle, based on her successful books *The Mouse's House* and *Mouse's Best Day Ever*. The books and programme show parents how to use simplified reflexology on their children for bonding, stress relief, pain management and help with common childhood conditions. The results have been fantastic and we are now extending this award-winning programme to Early Years settings with specially designed courses for level three practitioners.

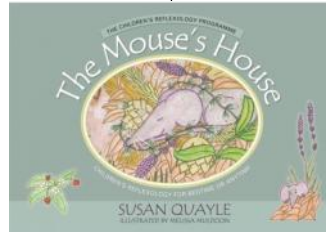
Reflexology is a gentle, non-invasive touch therapy based on reflex zones on the feet. The programme uses pictures, rhymes, songs and stories to make simplified reflexology engaging and accessible to everyone - children even start to use it on themselves!

This innovative programme will bring an affordable new USP to your service offering with strong benefits for everyone with just a single day's training which includes a full suite of supporting materials and on-going support.

Until recently reflexology was available only from specially trained therapists but now The Children's Reflexology Programme brings a simplified form of this powerful therapy to a wider audience by making it possible for anyone to learn to use and enjoy it whenever and wherever they like.



Reflexology can support children with a number of common childhood conditions such as sleeping, constipation, anxiety, teething and colic and many more. It also teaches children an additional way to take care of themselves throughout their day through self treatment.



Reflexology is given on the feet and conveys therapeutic benefits to the receiver that facilitate relaxation and promote good health. Due to the gentle nature of this therapy it can also be used to

support the body during illness offering reduced pain levels and promoting the body's own healing processes. Complementary therapy works alongside medical practices and we always advise parents to visit their GP if their child is sick.



The Early Years Practitioner training is a one day training course that teaches level three nursery staff to give the children in their care the protocols that make up parent courses. This training is uniquely available to non-reflexologists. Each delegate who trains with us receives their own training pack, a training manual, certificate of attendance and a copy of each of the interactive reflexology children's story books, *The Mouse's House* and *Mouse's Best Day Ever*.

There are also personalised PDF documents available with supporting material such as consent forms and advertising etc.



This training is given by a fully qualified and insured Instructor who can come into your facility if desired. This instructor will become your own personal trainer. Should you require continuity of care for parents whose children are having treatments within your nursery but haven't yet attended a parent course they will be happy to set one up within your facility for your clients. You can also attract new parents through this training.

