



The Children's Reflexology Programme

PRESENTATION NOTES

It is often useful to give a short presentation to a group of potential students, such as an NCT class or a WI meeting, so that they can find out more about The Children's Reflexology Programme. If you need to do this then you might find these notes useful as a guide. You can read them verbatim or use the highlighted keywords to guide you through a more free-form talk, depending on what suits you and the audience. You should illustrate your presentation where possible, e.g. using your teaching materials. Add personal anecdotes from your own experiences for extra impact. Don't forget to start by introducing yourself and finish by thanking your audience and inviting them to ask questions. Short demonstrations of the techniques always go down well at sessions like this.

(I am a parent and) **I know** well that feeling of utter **helplessness** that hits us **when** our **child is distressed** or unwell with conditions that we may not consider worthy of a trip to the GP. Of course it still pains us to watch them suffer and this is very **dis-empowering** **for** us as parents or **carers and** for our **children too**, who naturally turn to us for answers and to take their pain and discomfort away.

The Children's Reflexology Programme is a simple course of six, **one-hour sessions**, spread over **six weeks**. It is taught by fully **trained and insured Practitioners**. It empowers parents and carers to be able to offer their children a **non-invasive complementary therapy** at home at any time of the day or night, from someone they love and feel safe with. The course shows you how to **treat specific conditions of childhood** and includes a series of handouts in the form of **mini booklets** that can be used by a parent or carer, as well as the delightful book, **The Mouse's House**. A carefully designed series of **rhymes, pictures and stories** is used to **engage** the child and to help you to **learn and remember** the reflexology.

All this **empowers you** to do something positive **to help your child**. It also helps your child by **strengthening the bond** they already feel for you and strengthening their belief in you. This **gentle therapy** offers families a valuable **relief from** some of the worst feelings a parent can experience, **powerlessness and helplessness!**

Reflexology is a powerful but **gentle therapy** which is particularly **beneficial with children** and can be a great help **in times of distress** and with common childhood illnesses such as constipation, teething, colic and so on. Unfortunately it is **not always practical to visit a reflexologist**, especially in the middle of the night! Also, a strange person in a strange place might not be the most helpful thing in these situations, which are

often very **emotionally charged**, and might even be frightening for some children. Children who are unwell, or just distressed or upset for some reason, want to **stay close to the people and places they know and love**.

The Children's Reflexology Programme **solves all these problems** by making it possible for you to **give reflexology treatments yourself**, whenever and wherever you want. You can start helping with everything **from tantrums to teething**, giving you precious **time to relax** and take a step back so you can **decide what to do next** – a visit to a reflexologist, a trip to the doctor, some more of your own treatments or perhaps **even just a cuddle** is all that will be needed.

The beauty of The Children's Reflexology Programme is that these **treatments can be given at any time** and in any place. Your child **doesn't have to be ill** to give them any of the treatments. If your child suffers with constipation give them the **treatment** for it **every day** – they cannot have too much reflexology! You can use the treatments as a way of helping to manage the condition and **keeping your child calm, relaxed**, happy and well.

The Children's Reflexology Programme offers **parents and carers** the opportunity to **learn enough reflexology** to treat their family without having to spend thousands of pounds becoming qualified. It is a special **medicine cabinet for all your family** that is completely **non-invasive**, that **no-one can overdose** on, that will bring you all together with **love and respect** through touch and **bonding** and most importantly **empowers both parent/carers and child**. Win, win all round!

The Children's Reflexology Programme is unique. It has been specially created to engage children through the use of animals, rhymes and story. It is a **fun way of gathering** together with friends, NCT groups and other parents and carers and spending time together. All the parents who have already attended a course have had **positive results after their first class**. Reflexology is a powerful tool and The Children's Reflexology Programme makes it **available to you, now**.

