



## Digestive Disorders

Children often suffer from disorders of the digestive system. Constipation and diarrhoea, allergies and bugs too along the way. Reflexology has had wonderful results for children with digestive disorders, so expect good - often immediate – results!

Never use reflexology as a substitute for medical health care. If you suspect your child is ill always seek medical assistance at the earliest opportunity.



**Hold your child's foot in your hands with your thumb gently pressed on the Solar Plexus reflex.**

*Her favourite place that Mouse likes best  
is curled up in her cosy nest  
there's nowhere that she'd rather be  
it fills her up with joy and glee*



**Gently caterpillar walk up the toes on the bottom of the foot.**

**Gently caterpillar walk down the toes on the top of the foot.**

**Gently circle the tops of the toes.**

*Squirrel running through the trees  
collecting nuts, rustling leaves  
he carries them down to the ground below,  
buries each one in its own little hole*



**Gently caterpillar walk down the inside of the foot.**

**Slowly work your way back using tiny gentle circular movements.**

*Snake is playing in the sun  
hide and seek having fun  
sliding down the mountainside  
slithering up the other to hide*



**Place your thumb or fore finger on the blue point just below the big toe and gently hold.**

**Gently hold the Spleen reflex below the fourth and fifth toes on the left foot.**

*When Badger bumbles through the wood  
all his friend feel safe and good  
he brings them treats along the way  
visits each one every day*



**Gently place a finger or thumb on the lower ball of the foot, below the second and third toes.**

**Work the reflex in a slow, gentle circular motion and then gently hold.**

*Robin flying through the air  
Singing songs without a care  
All his friends are listening  
They love to hear the songs he sings*



**Follow the numbers:**

**3. Caterpillar walk to and fro across the lower centre of each foot.**

**4. Starting on the right foot gently caterpillar walk or use tiny circles to follow the horseshoe around both feet.**

*Down, down under the ground  
through the tunnels down, down  
into rooms large and round  
warm and cosy deep under ground.*

*A sound in the silence what can it be?  
It sounds like snoring, it's Mole fast  
asleep!*

*Repeat to complete*

**Begin on the top of the big toes,  
caterpillar walk down the both toes.  
Then follow the numbers.**

**1. Gently slide your thumb down from the join between the big and second toes.**

**2. Starting on the right foot, slide your thumb across from right to left.**

**3. Caterpillar walk to and fro across the lower centre of each foot.**

**4. Starting on the right foot gently caterpillar walk or use tiny circles to follow the horseshoe around both feet.**

**Gently place a finger or thumb on the lower ball of the foot, below the second and third toes.**

**Work the reflex in a slow, gentle circular motion and then gently hold.**

*Robin flying through the air  
Singing songs without a care  
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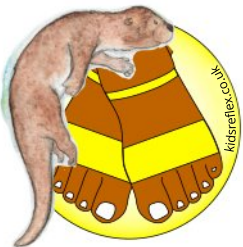
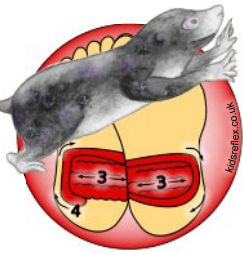
**Slide your fingers gently down the top of the feet.**

**Using gentle circular movements slide your fingers around the ankles.**

**Slide a finger and thumb down between each toe, gently squeeze as you slide.**

**Gently sweep your fingers up the centre of the back of the leg.**

*Here is Otter floating free  
Out on the glittering deep blue sea  
Down he swims with a splashy splish  
Up he pops with a silver fish*





**Hold the Kidney reflex with your thumbs.**

**Slide your thumbs down toward the side of the lower inner foot.**

**Repeat three times.**

*Frog and Toad are music lovers  
They're very close, just like brothers  
Frog plays violin, the fiddle  
Toad plays banjo and sings the riddles  
Ribble dee, ribble dee, ribble dee ree  
Join the song with Frog and me*



**Gently place a finger or thumb on the lower ball of the foot, below the second and third toes.**

**Work the reflex in a slow, gentle circular motion and then gently hold.**

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Singing songs without a care  
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