



The Children's Reflexology Programme

Kids Reflex Lesson Planner

Course details

Age: **Babies 0-3 months**

Location

Active Birth Centre, London

Starting

01/10/19

Prep notes

Prepare in advance: fire policy, accidents book, toilets location, firstaider. What room / lay out set up you want to have. Protocol plan, back of register check list. Rough timings for each part of the session: Breathing exercise, house keeping, intro, ice breaker, techniques, protocol, questions, birth story, relaxation and story and finally refreshments & service.

Opening

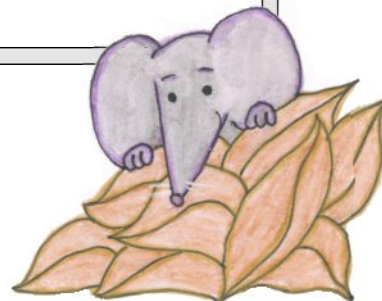
Begin with deep breathing to bring everyone into your space and clam them all down.
House Keeping - toilets, firstaider, Fire procedure, breaks, breast feeding, nappy changing.
Introduction - about me, about the course & Susan Quayle, about reflexology, what to expect (long sleep, regular poo's, contented baby, might be more thirsty, hungry, new non-verbal cue of holding out their feet for reflexology), reflexology won't hurt their baby.
Explain about the story and the animals - so they know what the connection is.

Content

Ice Breaker - Something about your baby that makes you laugh.
Introduction to Techniques - interactive teaching. Go through the simple techniques by showing the room and then approaching each attendee, looking at what they're doing and getting them to work on you to gauge pressure. Always follow with any questions about what they've just learnt.
Protocol - talk about what a protocol is, a complete treatment for a specific condition. Talk a bit about the condition and how this can help. You can use your own language, what's written down is for them when they get home.
Reflexes - take your time to teach each reflex. Again go to each attendee and support their learning. They don't have to be perfect they do have to feel confident and empowered to do it alone. No fear talk. You can either talk about the reflex and body function or just talk about the animal and what it represents. you can start with this and expand further into the course or make it part of your follow up course.
Singing - sing from the start, like they have no choice. You will have to be the instigator as they won't know the songs or tune. Encourage it strongly the kids love it, even babies, get them to do "la, la, la" and look at their babies faces to encourage mirroring and oxytocin release - lots of this, it's more important than learning the reflexology in the beginning.

Final elements

Encourage each mum to share her birth story with the class. End by reading the story or a relaxation meditation; get them lying down and holding their baby. Encourage them to make a nest, like Mouse, and snuggle down. Give them space to relax before bringing them back.
Let them know what you will be covering next week. Refreshments with service and collaboration at the end of the session by bringing in specialist & other baby businesses such as breast feeding support, slings, nappies, HV, PND etc. Get their email/FB Messenger and send them reminders throughout the week to encourage them into a habit and ensure baby gets the reflexology it needs. Have reminders if immunisations are coming up to support babies best outcome and happiness.





The Children's Reflexology Programme

Kids Reflex Lesson Planner

Course details

Age: **Children 2+**

Location

Active Birth Centre, London

Starting

01/10/19

Prep notes

Prepare in advance: fire policy, accidents book, toilets location, firstaider. Risk Assessment of room. What room / lay out set up you want to have. Active session to start. Protocol plan, back of register check list. Rough timings for each part of the session: Breathing exercise, house keeping, intro, ice breaker, techniques, protocol, questions, relaxation and story and finally refreshments & service.

Opening

Have the music playing and get the kids to be the animals and laugh like them to the music on arrival. Begin with deep breathing to bring everyone into your space and clam them all down. House Keeping - toilets, firstaider, Fire procedure, breaks, breast feeding, nappy changing. Introduction - about me, about the course & Susan Quayle, about reflexology, what to expect (long sleep, regular poo's, contented child, might be more thirsty, hungry), reflexology won't hurt their child. Explain about the story and the animals - so they know what the connection is.

Content

Ice Breaker - Something about your baby that makes you laugh. Ask the kids the same about their mum. Introduction to Techniques - interactive teaching. The kids might want to work on themselves or a toy. Go through the simple techniques by showing the room and then approaching each attendee, looking at what they're doing and getting them to work on you to gauge pressure. Always follow with any questions about what they've just learnt.

Protocol - talk about what a protocol is, a complete treatment for a specific condition. Talk a bit about the condition and how this can help. You can use your own language, what's written down is for them when they get home. involve the children who don't join in by making them your helper.

Reflexes - take your time to teach each reflex. Again go to each attendee and support their learning. They don't have to be perfect they do have to feel confident and empowered to do it alone. No fear talk. You can either talk about the reflex and body function or just talk about the animal and what it represents. you can start with this and expand further into the course or make it part of your follow up course.

Singing - sing from the start, like they have no choice. You will have to be the instigator as they won't know the songs or tune. Encourage it strongly the kids love it, all their learning is based on play so have fun and they will pick it up really quickly.

Final elements

End by reading either of the stories; get them lying down and holding their child, the child may want to hold their own toy. Encourage them to make a nest, like Mouse, and snuggle down. Give them space to relax before bringing them back.

Let them know what you will be covering next week. Refreshments with service and collaboration at the end of the session by bringing in specialist & other baby businesses such as Waterbabies, singing, dancing, acting, gym etc. Get their email/FB Messenger and send them reminders throughout the week to encourage them into a habit and ensure baby gets the reflexology it needs. Upsell your other businesses too with offers for treatments and products, product evenings for their friends, pampare parties etc.

