



# The Children's Reflexology Programme

www.kidsreflex.co.uk

## Pre-Immunisation

The majority of parents choose to immunise their children throughout their life. These begin as early as two months from birth. Reflexology can help parents to prepare their child for immunisations by stimulating their defence mechanisms and building what immunity they already have. Although at three and four their immune system has been building a steady supply of T-cells it is possible to support their body in the build up to the actual day. Daily, or twice daily, gentle stimulation of these reflexes will help to ease them through this traumatic time. This treatment can also be used for immune support if you know there are bugs going round like Chicken pox, colds etc BUT should never take the place of medical care if your child is sick.



**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 down the inside of the foot.**

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

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



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

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



**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.**

*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*



**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*



**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*



**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*



**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.**

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



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

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is curled up in her cosy nest  
there's nowhere that she'd rather be  
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