



Asthma

Asthma is a respiratory condition where a person's airways narrow and swell and produce excess mucus. This can make breathing increasingly difficult as the air sacs in the lungs are unable to fill due to mucus and restricted space.

It is a very serious condition and can be exacerbated by stress, which is exactly what happens to the person having an attack, increased stress and distress. For this reason, these simple skills can be incredibly empowering to parents and children.

Reflexology is a well-known stress regulator, and studies have shown it to be helpful in the treatment of asthma. Reflexology should never take the place of medical treatment; your child may require expert medical assistance, life-saving drugs and machinery to help maintain their airways.



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 ball of the base of the foot.

Butterfly stroke, thumbs together stroking outward, across the ball of the base of the foot.

*Hare running wild, Hare running free
kicking his heels, hopping with glee
over the open plains to the sea
to visit Otter, his friend, and have tea*



Gently caterpillar walk across the foot from outer edge to the inner edge.

Butterfly stroke, thumbs together stroking outward, across the ball of the base of the foot to really open up the diaphragm muscles.

*Hare running wild, Hare running free
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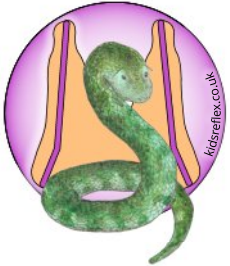
Hold your child's feet in your hands with your thumb gently pressed on the Solar Plexus reflex.

*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*



Hold your child's foot, one at a time, in your hands with your thumb and a finger gently pressed on each Solar Plexus reflex. This is a link and can create a more powerful response.

*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.



Gently caterpillar walk up the ball of the base of the foot.

*Hare running wild, Hare running free
kicking his heels, hopping with glee
over the open plains to the sea
to visit Otter, his friend, and have tea*

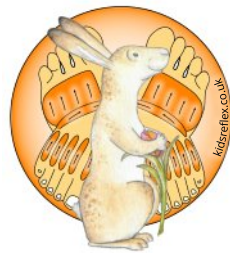
Butterfly stroke, thumbs together stroking outward, across the ball of the base of the foot.



Gently caterpillar walk across the foot from outer edge to the inner edge.

*Hare running wild, Hare running free
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to visit Otter, his friend, and have tea*

Butterfly stroke, thumbs together stroking outward, across the ball of the base of the foot to really open up the diaphragm muscles.



Gently caterpillar walk the top of the foot, from the base of the toe down the metatarsals.

*Hare running wild, Hare running free
kicking his heels, hopping with glee
over the open plains to the sea
to visit Otter, his friend, and have tea*



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

*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 toes on the top of the foot.

Gently circle the tops of the toes.



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Gently caterpillar walk up the ball of the base of the foot.

Gently caterpillar walk across the foot from outer edge to the inner edge.

Butterfly stroke, thumbs together stroking outward, across the ball of the base of the foot to really open up the diaphragm muscles.

Gently caterpillar walk the top of the foot, from the base of the toe down the metatarsals.

*Hare running wild, Hare running free
kicking his heels, hopping with glee
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to visit Otter, his friend, and have tea*

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

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!*

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*





Gently caterpillar walk up the ball of the foot.

Gently caterpillar walk across the foot from outer edge to the inner edge.

Butterfly stroke, thumbs together stroking outward, across the ball of the base of the foot to really open up the diaphragm muscles.

Gently caterpillar walk the top of the foot, from the base of the toe down the metatarsals.

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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*



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