



Mouse's Best Day Ever

This Protocol corresponds to the book Mouse's Best Day Ever, the second book in our series. It is another treatment this time the story to go with it is to help your child when they are having problems with their teeth coming through or have a sore tummy.

As you will see there is more work on the head and the digestive reflexes to really help relax your child and eliminate anything that needs to come out.



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.

*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 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*

*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!*



Begin on the top of the big toes, caterpillar walk down the both toes.



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 base of the foot.

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

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*



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.

Then follow the numbers.

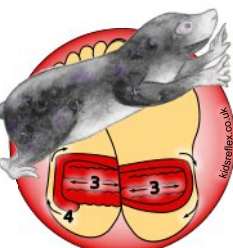
3. Caterpillar walk to and fro across the lower centre of each foot.

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





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*



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