



Ear Ache

Ear Ache is such a horrible pain for young children to have, even adults find Ear and Tooth Ache one of the most unbearable pains. The head, face and neck are rich in nerve fibres making even the most subtle pain noticeable. Fortunately they are also rich in Lymph Nodes, so help is never too far away.

Pain medication is always a good idea for children suffering from Ear Ache especially if they are of an age where they don't have language. These infections can bring on temperatures and serious infection that may need to be treated with antibiotics, if you suspect your child may have an ear infection visit your GP.



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

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

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



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*



Caterpillar walk from the edge of the foot, below the little toe.

Repeat 3 times on each foot.

*Sitting high up in his tree
Everything Owl hears and sees
Keeping watch on all his friends
If trouble comes, a hoot he sends*



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*



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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.

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

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.**

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

Repeat to complete



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Slide your fingers gently down the top of the feet.

*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*

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.



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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Repeat 3 times on each foot.

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