



Colic and Migraine

Colic is a condition that causes your baby to cry inconsolably, drawing their knees up to their chest, often for hours. It is one of the most distressing conditions a mother can have to cope with as nothing seems to help to relieve this incessant cry. Causes are often thought to be connected to feeding – positions, bad latching, too much air and the food that mum eats – to name a few. Recent research suggests there may be a connection between adults who have suffered from Migraine all their lives and had Colic as infants.

Regular, positive, reflexology sessions will offer your child a loving distraction at these stressful times. Just as importantly, it will help you to feel that there is something you can offer during these very difficult times.



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 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 the top of the foot, from the base of the toe down the metatarsals.



Starting on the right foot, slide your thumb across from right to left.

*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. Then follow the numbers.

*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!*

- 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.**

Repeat to complete



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 three times.

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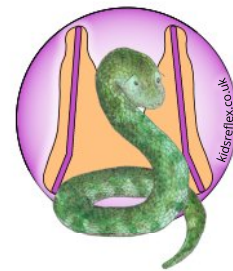
Slide your fingers gently down the top of the feet.

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*



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 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*



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Repeat three times.

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