



Eneuresis - Bed Wetting

The development of the hypothalamus, an area deep inside the brain, controls our ability to wake from deep sleep when we have the urge to urinate. This gland can take at least five years to develop, and sometimes longer for this aspect to kick in. This treatment is for children age five and over.



1. Mouse is getting ready to go to sleep.



2. Her friend Snake pops in to say goodnight.



3. Soon after, Squirrel calls in too. He offers to make them all a drink.



4. "Not for me," says Snake, "or I might wet the bed."



5. Hare is passing and calls in to give Mouse a hug. He offers Snake some extra hay bedding just in case.



6. Snake thanks Hare but says it will be okay as long as he goes for a wee before bed.



7. Frog and Toad pop in and ask if Mouse would like a lullaby before bed. They are just off for their evening swim.



8. Mole arrives with some cookies and hot chocolate. "Oh yummy" cry the friends.



9. "Oh no!" says Snake "I can't have any or I'll wet the bed." Now he feels sad.



10. "That's okay" say Frog and Toad, "you can come with us down to the pool and go before bed."



11. Otter agrees, as he helps himself to hot chocolate and a cookie. "Where did you come from?" says everyone.



12. Snake goes with Frog and Toad down to the pool. And then comes back to his friends, all done.



13. Frog and Toad play their lullaby outside to all their friends.



14. Everyone snuggles up in Mouse's nest and falls asleep. Night night everyone.



Teeth

A variety of teething issues occur during childhood that can be supported using the Kids Reflex Programme. From teething to toothache this treatment can help.



1. Mouse is awake and has planned a day with her friends.



2. Squirrel has a friend staying. His name is Hedgehog and he is very prickly.



3. Squirrel has made him a bed of lovely dry leaves at the bottom of his tree trunk.



4. "Oh dear" says Squirrel. Hedgehog has leaves stuck all over his spikes. They both laugh.



5. Owl comes over to see who the new person is and to say hello to his friends.



6. Hedgehog burrows down under the leaves to hide. "He's a bit shy" explains Squirrel.



7. Snake is lying on a rock in the sun and hears all the rustling. He wants to know what's going on.



8. All the animals call for Badger. He knows how to take care of everyone.



9. Mole arrives with food. Maybe Hedgehog is hungry. He has a picnic with him.



10. Snake helps Mole to put the picnic out in the sun on a blanket.



11. Otter arrives just in time with a bottle of lovely cold Elderflower cordial.



12. Snake calls everyone over to come and fill a plate and sit in the sun. It's a lovely day after all.



13. Frog and Toad arrive and play a song to lure Hedgehog out of the leaves but he's fallen fast asleep.



14. Mouse sits in the sun with all her friends feeling happy and full. Maybe she'll meet Hedgehog tomorrow.



Coughs & Colds

Babies are born with a very limited immune system and as they grow they will catch every cold that is going around; there are a lot to catch, too. This is an important part of the process for developing and building their immunity.



1. Mouse heard that many of her friends weren't feeling very well. She was going to visit each of them and try to help.



2. Squirrel had a very stuffed-up head. It ached every time he moved. Mouse told him if it hurt perhaps he shouldn't move.



3. Owl had very itchy eyes and they were a bit crusty. "Oh dear, perhaps you had better go back to bed," Mouse advised.



4. Snake was aching! He couldn't stretch out his back, and lay coiled. You had better stay that way Mouse told him.



5. Hare couldn't hear anything Mouse was saying. His ears were painful and blocked. Mouse said nothing.



6. Badger was very well and sorry to hear his friends were unwell. He thought he'd better join Mouse on her visits.



7. Mole had a sore throat. He'd made a cake to cheer himself up but couldn't eat it, so Mouse and Badger ate it for him.



8. Otter and Badger went into Otter's library and consulted The Book of Animal Ailments and decided it was a cold.



9. Frog and Toad arrived in time to help take menthol rubs, herbal teas and lots of ice cream to all their sick friends.



10. Mouse was so glad she'd gone out to help all her friends. She curled up in her nest, too exhausted. Atishoo! Oh dear.



Colic & Migraine

Colic is a condition that many babies suffer from, that can be very distressing for parents. Migraine has been included in this treatment as a study found a correlation between adults that suffer from migraines having also suffered from colic as babies.



1. Mouse was walking in the lane when she saw something flying high above Squirrel's wood. What could it be?



2. "Come and look Squirrel," she called up to him in his tree. They stood and watched it together.



3. Snake had seen it from his rock and now joined his friends watching it from the field.



4. Hare came running very fast across the plain. He'd seen it from the other side of the island.



5. Mole shouted through his door for everyone to stop making so much noise as he wasn't up yet.



6. Badger came out from the trees to see what was happening. He'd been on his way to visit Otter.



7. Mole poked his head out and asked what all the commotion was about. His friends pointed and he scrambled out to see.



8. Otter called out to Badger. He'd walked up to meet him as he was late. "A kite" he said. All the friends looked at him.



9. Frog and Toad had come along with him. "We know a song about a kite." All the friends danced to the song.



10. Mouse pointed to the kite. They watched it fly away on the wind across the sea. It must have got caught on a branch.



Allergies

Allergies are a part of many of our lives and children can be very prone to them. From hayfever to eczema this treatment can support your child through flare-ups and also prophylactically too.



1. Mouse was feeling a little bit under the weather. She couldn't exactly say what was wrong but she didn't feel herself.



2. Squirrel offered her some acorn tea. It always made him feel better.



3. Owl tried to make her feel better with some sensible advice on how to stay well. It didn't help.



4. Snake gave her a lovely bag of lavender flowers to put in her nest. She sniffed it and sneezed!



5. Hare tried to get her to run very fast over the plain with him. That didn't help either.



6. Badger gave her a lovely rub down with chamomile balm. Mouse thought it was very nice.



7. Mole showed her how to lie on her back and take deep breaths. Mouse fell asleep and had to be woken up.



8. Otter took her out in his boat and jumped into the sea with her for a swim.



9. Frog and Toad swam out to join them.



10. The briny sea cleared Mouse's nose, washed her itchy eyes and made her skin and fur feel all tingly and fresh.





Pre-Immunisation

Immunisations begin as early as two months from birth. This treatment, when given for a couple of weeks leading up to the event, will make a huge difference for your baby. This treatment can also be used prior to travel vaccinations or even when you know a cold or Chicken Pox is going round.



1. Mouse was curled up in her cosy nest when Snake hissed in her face.



2. "I can smell a storm coming" he said "what shall we do?"



3. They went to see Badger, who protected them all. Badger told them not to worry "Mole will help".



4. Badger explained to Mole. "A sleep-over is what we need" said Mole. "I'll get all the rooms ready." And off he went.



5. Badger knew Otter wouldn't leave for a storm but would for a sleep-over. He asked him to go and tell Hare.



6. Otter packed up lots of goodies and went off to get Hare.



7. Badger went off in search of more of their friends.



8. He bumped into Frog and Toad who were very excited and said they'd tell Owl and Squirrel.



9. That was everyone taken care of. Badger went home and packed his things before heading to Mole's house.



10. Mouse was waiting for him and gave him a big hug for making sure everyone was safe.





Post-Immunisation

Use this treatment for a week or two after your child's immunisations to support the systems of the body in case of tummy upset, raised temperatures and just feeling horrid. Use this time to have extra cuddles, bonding while supporting them naturally if they're feeling unwell.



1. Mouse lay on the grass watching the clouds floating above her. The birds were singing. The water gurgled.



2. "What are you doing?" asked Squirrel. "Watching the clouds" said Mouse. Squirrel lay down and joined her.



3. "What are you doing?" asked Owl. "We're watching the clouds" they said. Owl lay down and joined them.



4. "What are you doing?" asked Snake. "We're watching the clowns" Owl said. Snake lay down and joined them.



5. "What are you doing?" asked Hare. "We're watching the crowds" Snake said. Hare lay down and joined them.



6. "What are you doing?" asked Mole. "We're waiting for crowds" Hare said. Mole lay down and joined them.



7. "What are you doing?" asked Otter. "We're waiting for sounds" Mole said. Otter lay down and joined them.



8. "What are you doing?" asked Frog & Toad. "We're waiting for you to play for us" Otter said. Frog & Toad played a tune.



9. Mouse sat up and looked around. "Oh" she said and got up and danced. All her friends joined her.



Digestive Disorders

The Kids Reflex Programme is perfect for any disorders of the tummy. Being able to work directly on these areas to support clearing the system of allergens, bugs and food intolerances, or just to clear mucous from colds, is brilliant.



1. "There's a big full moon tonight" thought Mouse. "I'm going to watch it rise from the big hill." Off she set.



2. "Where are you going?" asked Squirrel. When he heard, he said "I'll bring a blanket to lie on." Off they set together.



3. "Where are you going?" asked Snake. When he heard, he said "I'll bring cushions." And off they set together.



4. Where are you going?" asked Badger. When he heard he said "I'll bring a log to burn." Off they set together.



5. Where are you going?" asked Mole. When he heard, he said "I'll bring something to eat." Off they set together.



6. Where are you going?" asked Otter. When he heard, he said "I'll bring something to drink." Off they set together.



7. Where are you going?" asked Frog & Toad. When they heard, they said "We'll bring music." Off they set together.



8. They reached the hill and sat together watching the huge, golden moon rise in the sky above the sea. It was beautiful.



Ear Ache

Ear aches are so horrible and often painful. Many children suffer from repeated infections, especially during the winter months. You can use this treatment any time; when they have an ear ache to help resolve it or when they are well as a prophylactic treatment.



1. Mouse had woken wondering what the most important thing in the world was for a Mouse.



2. She visited her friend Squirrel to see if he knew. He didn't, but now he wanted to know what it was for a Squirrel.



3. Owl was so wise, he'd know the answer. Mouse asked. "Love" said Owl wisely. Squirrel asked. "Love" said Owl wisely.



4. Squirrel told Snake that Owl knew what the most important thing in the world was. So Snake went to ask wise Owl.



5. "Love" said Owl wisely.



6. Snake told Badger that Owl knew what the most important thing in the world was. So Badger went to ask wise Owl.



7. "Love" said Owl wisely.



8. Badger told Otter that Owl knew what the most important thing in the world was. So Otter went to ask wise Owl.



9. "Love" said Owl wisely.



10. Otter told Frog & Toad that Owl knew what the most important thing in the world was. So they went to ask wise Owl.



11. "Love" said Owl wisely.



12. Mouse and all her friends were so glad they now knew the most important thing in the world. Love felt good.



Tantrums

Tantrums are an emotional release for children who are still too young to regulate their emotions. They can be stopped in their tracks and turned into a relieving cuddle if caught in time. If they play out until the end the child will need comforting as it is a great distress and quite bewildering for them.



1. Mouse had woken up feeling strange. She was angry, cross and just wanted to fling her limbs everywhere.



2. She went to Squirrel and said "I don't want these feelings. You have them." Squirrel felt them and didn't like it at all.



3. He went to Owl and said "I don't want these feelings. You have them." Owl felt them and didn't like it at all.



4. He went to Snake and said "I don't want these feelings. You have them." Snake felt them and didn't like it at all.



5. He went to Hare and said "I don't want these feelings. You have them." Hare felt them cover him and didn't like it at all.



6. He went to Mole and said "I don't want these feelings. You have them." Mole felt them and didn't like it at all.



7. He went to Otter and said "I don't want these feelings. You have them." Otter felt them and didn't like it at all.



8. He went to Frog & Toad and said "I don't want these feelings. You have them." They felt them and didn't like it at all.



9. They went to Mouse and said "I think these are yours." Mouse felt better, so imagined they had wings and let them fly away.



The Mouse's House

Based on the book that launched The Children's Reflexology Programme, this treatment supports children at bed time and at times of distress and anxiety.



1. Mouse's house needed some cosy bedding. She thought she'd ask her friends to help.



2. Squirrel gave her a lovely bag of leaves. "Thank you Squirrel" said Mouse.



3. Mouse snuggled down in her bed. The leaves were good but she still wasn't cosy.



4. Snake gave her some lovely hops and herbs. "Thank you Snake" said Mouse.



5. Mouse snuggled down in her bed. It smelt lovely but it still wasn't cosy.



6. Hare gave her a sack of very nice hay. "Thank you Hare" said Mouse.



7. Mouse snuggled down in her bed. It was very springy and quite cosy but she was still cold.



8. Mole gave her beautiful thistledown. "Thank you Mole" said Mouse.



9. Mouse snuggled down in her bed. It was feeling so much better but she felt it needed something more.



10. Otter gave her a lovely big bag of feathers from the Eider duck. "Thank you Otter" said Mouse.



11. Mouse snuggled down in her cosy nest and fell fast asleep. She didn't wake up until the spring.



Mouse's Best Day Ever

Based on the book of the same name, this treatment is for children with tummy or teeth issues that like a story with their foot-rub.



1. Mouse and Mole were going for a picnic at Squirrels house.



2. Squirrel met them and took them up the spiral staircase in his tree trunk.



3. Mouse was a bit scared of being so high she thought of her cosy nest to make herself feel better.



4. Squirrel took them out onto the tree canopy where a delicious picnic awaited them. "Help yourself" he said.



5. They ate scones with cream and jam, chestnuts and apple flan, and drank tea.



6. The wind began to blow. It got stronger and stronger until all the friends had to shelter in the tree trunk. They were sad.



7. They were about to go home when Mole said "I know - come to my house the storm won't affect us there". Off they set.



8. Snake heard them passing his door. Mole invited him to come and join them.



9. They could hear Hare running about in the storm above them.



10. They played Hide and Seek, laughed and had lots of fun.



11. They were soon hungry so they cooked a delicious feast in Mole's warm kitchen.



12. They wondered if the storm had passed yet so they went up to the surface. Otter was swimming in the moonlight.



13. They all sang a song and walked Mouse home. "That was the best day ever" they said.



Reflux

Reflux is a condition that babies suffer from where they sick up their milk, sometimes with great force. For best results this treatment should be given during a milk feed to support the feed moving through the system.



1. Mouse was going for a walk with Mole. She walked to his house and knocked on his door.



2. (*Reflex step 1*) Mole answered the door and was about to leave when he said "Wait! I've forgotten something."



3. (*Reflex step 2*) They were about to leave again when Mole said "Wait! I've forgotten something else."



4. (*Reflex step 1*) They were about to leave again when Mole said "Oh no! There's another thing I've forgotten."



5. (*Reflex step 2*) They were about to leave yet again when Mole said "Guess what! I've forgotten something else."



6. (*Reflex step 1*) They were finally about to leave again when Mole said "Wait! I've forgotten one last thing."



7. (*All steps*) Mole shouted to Mouse "Come in! I really can't find it this time." Mouse went to the kitchen and cut some cake.



8. "Come on!" Said Mole "I thought we were going for a walk?" Mouse sighed and cut more cake to take with her.

Note: In this treatment we use the numbered steps 1 and 2 of the Digestive System reflexes separately - see the Quick Reference Guide to remind yourself of what they are.