



Allergies

Allergies are common in babies and young children. They have a whole world to adapt to as soon as they are born. The pollution in the world we live in, the air we breath and in the food we eat will undoubtedly have an impact on them. Most children deal with these changes fairly well but some struggle to cope.

Allergies can affect many different systems of the body: the digestive system, the lungs, the skin. Sometimes all at the same time. The immune system works hard to protect the child.

Reflexology can help your child to deal with allergies by helping the body to eliminate toxins and supporting the immune system to help it grow stronger.



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.

Gently caterpillar walk down the toes on the top of the foot.

Gently circle the tops of the toes.

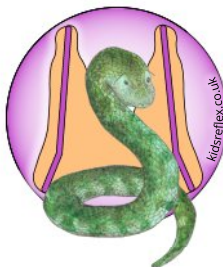
*Squirrel running through the trees
collecting nuts, rustling leaves
he carries them down to the ground below,
buries each one in its own little hole*



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*



Place your thumb or fore finger on the blue point just below the big toe and gently hold.

Gently hold the Spleen reflex below the fourth and fifth toes on the left foot.

*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 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*



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

Butterfly stroke, thumbs together stroking outward, across the base of the ball 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 the top of the foot, from the base of the toe down the metatarsals.



Place your thumb or fore finger on the blue point just below the big toe and gently hold.

Gently hold the Spleen reflex below the fourth and fifth toes on the left foot.

*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*



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!*

Repeat to complete



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*



Place your thumb or fore finger on the blue point just below the big toe and gently hold.

Gently hold the Spleen reflex below the fourth and fifth toes on the left foot.

*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*



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*



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*



Hold your child's foot in your hands with your thumb gently pressed on the Solar Plexus reflex.

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is curled up in her cosy nest
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