



Reflux

Reflux is a condition where babies are sick after they have fed, sometimes rather dramatically as a projectile vomit. It is quite distressing for a mother to see and can be quite disheartening when a baby has just had a large feed and proceeds to throw it all back up again.

The cardiac sphincter, like all sphincters, is a strong muscle, designed to keep the acid in the stomach away from the tissue of the oesophagus. The force with which it can send the reflux reflects its strength. The digestive system works by peristalsis. This means that once you put something in one end, the mouth, and start the muscles moving they move all the way through the system. This is why your baby often does a poo during or immediately after feeding. This treatment is designed to ease the cardiac sphincter and encourage the milk to move on through the digestive tract. It will help to keep anything in the oesophagus moving in the correct direction.



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*



Follow the numbers:
1. Gently slide your thumb down from the join between the big and second toes.

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



Follow the numbers:
2. Starting on the right foot, slide your thumb across from right to left.

*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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1. Gently slide your thumb down from the join between the big and second toes.

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

*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*



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?
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Repeat to complete



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Follow the numbers:

- 1. Gently slide your thumb down from the join between the big and second toes.**

*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



Follow the numbers:

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

*Her favourite place that Mouse likes best
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Hold your child's foot in your hands with your thumb gently pressed on the Solar Plexus reflex.



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 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*



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, riblle 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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