



# **Calm Soles**

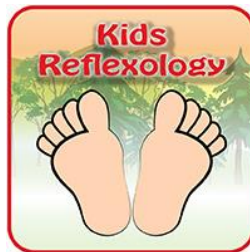
# **Reflexology for**

# **Children**

[www.calmconfidentkids.co.uk](http://www.calmconfidentkids.co.uk)

## **Reflexology can help with:**

- **Calming**
- **Coughs & chest problems**
- **Sore throats & colds**
- **Reflux & colic**
- **Constipation**
- **Headaches**
- **Anxiety**
- **Concentration**
- **Bed wetting**
- **Sleeping**



## **Contraindications**

**There are times when reflexology is not appropriate, if you have any concern's please check with your healthcare advisor. These include but not exclusively:**

- **Up to 72 hours after immunisations**
- **Inflammation**
- **Recent illness / surgery**
- **Meningitis**
- **Childhood leukaemia**
- **Trauma to the feet**
- **History of blood clots**
- **Circulatory/Heart problems**
- **Foot or ankle abnormalities**
- **Congenital problem**

## **The Reflexology routine**

- **Meet & greet the feet (Good morning Little Feet)**
- **Hold feet (5 sec) - fingers on top thumbs on solar plexus**
- **Heel hold (5 sec) - cup hands around heel very calming & grounding**
- **Rub all over feet with thumbs to warm this can be both feet together or one at a time.**
- **Rub up & down sides of feet with palms**
- **Paddle Feet**
- **Circle feet gently**

**Lung press - Gently press fist into lung area with opposite hand holding the top of the foot.**

**Diaphragm Stroke- Place thumbs on centre of the foot at diaphragm level, fingers on top of foot and stroke**



**Brain Buster- Place thumb on bottom of big toe fingers around top of foot & hold (5 sec). Rub around all of the fleshy part of the big toe. Hold again.**



**Thyroid & neck- at base of big toe  
hold (5 sec) stroke forwards & back  
over this area.**



**Nose & Throat- Rub in a circular movement on top of big toe beneath nail**





**Wind Pipe (trachea)- Using thumb & forefinger stroke top & bottom of big toe from base of the nail to ball of the foot.**



**Sinuses- Massage each toe from base to tip and all sides of toes.  
Suggested nursery rhyme: This little piggy**



**Teeth- using thumbs stroke across  
& back over the tops of the toes  
underneath nails. Suggested  
nursery rhyme:**



*If you should see a crocodile sleeping don't  
take a stick & poke him.*

*Ignore the welcome in his smile be careful  
not to stroke him.*

*For as he sleeps upon the Nile he gets  
thinner & thinner.*

*And when you meet that crocodile he's  
looking for his DINNER!*

**Blocked ear- place forefinger & thumb above & below on web area between toes 3 & 4. Hold and pinch up.**

**Ears- Massage in a circular movement under toes 4 & 5 on sole of the foot.**

**Eyes- Massage in a circular movement under toes 2 & 3 on sole of the foot.**



**Lungs (chest)- Using the thumbs, fingers on top of foot, stroke over & back across the ball of the foot.**



**Diaphragm - Place thumbs on centre of the foot at diaphragm level, fingers on top of foot and stroke outwards.**



**Liver and spleen - massage with a circular motion under the level of ball of foot at outside edge of foot to the centre. (Right foot = liver, left foot = spleen)**



**Small bowel- Stroke thumb over thumb using the whole thumb, from waistline to heel in a downwards direction.**



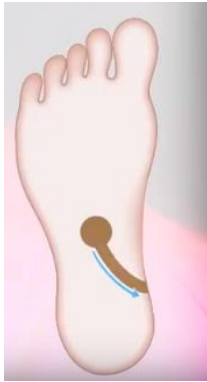


**Large bowel- With thumbs sweep over the line of the large bowel, in a clockwise direction starting on the right foot & continuing on the left. This is the only time you must start on the right.**



**Kidneys & adrenals- place thumbs in centre of foot, at waist line level. Hold (5 sec) & massage with a circular motion.**

**Ureters- Run thumb down to the squishy/fleshy part on the inside aspect of the inside of foot.**



**Bladder- With circular motion massage the fleshy/ squishy area on the inside aspect of foot.**

**Back Stroke- Using thumbs stroke from big toe to heel following the bony line, with a firm but gentle pressure.**



**Lymphatic system- pinch up between each toe with slow sweeping movements.**

**Solar plexus- place thumb in centre of foot (natural dip). Hold (5 sec) and then massage in a circular motion.**

**Follow with a heel hold**

**End**

- **Massaging all over foot**
- **Rotate feet**
- **Paddle feet**
- **Heel hold**