



INFORMATION FOR PARENTS, GRANDPARENTS & GUARDIANS

THE TECHNIQUES OF BABY REFLEX 4 BABIES

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## Welcome to your Baby Reflex Course

I am your instructor and my name is

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You have very kindly agreed to take part in my sessions for Baby Reflex on:

**Dates:**

Week 1

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Week 2

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Week 3

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**Venue:**

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**Times:**

Week 1

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Week 2

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Week 3

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Please let me know in advance if you or your child has any access needs.

This course allows parents, grandparents & guardians to use natural, simple, safe, & enjoyable Baby Reflex techniques on their babies / toddlers, which are based on Reflexology. They can form part of a daily routine.

Before the course is due to begin you will need to complete a consultation/consent form for your child. As practitioners we are unable to teach the class without the completed forms.

# Reflexology and Baby Reflex

## What is reflexology?

Reflexology is an ancient natural therapy which has stood the test of time. Its origins date back thousands of years and ancient paintings show that probable origin as the Middle & Far East. It is believed that all areas of the body are reflected on the hands & feet and, by exerting varying pressures on specific areas of the hands and feet, can encourage specific and identified parts of the body to respond.

## What is Baby Reflex?

Baby Reflex is specially adapted Reflexology designed and created for application to babies. For babies the techniques are only practiced on the feet. With older children the hands can be used to similar effect. These techniques were developed for increasing the “bonding” between mother and baby, and over the years have helped to ease, relieve, & eliminate many discomforting conditions in babies.

## How did Baby Reflex begin?

Jenny Lee, (MCSP, MAR) a chartered Physiotherapist, Reflexologist, & Teacher, had specialised in working with Mothers & young children, over some 15 years in practice during which time she carried out pilot studies which all included GPs, designed to specifically examine the effects of Reflexology on childhood asthma. The results were so encouraging that Jenny developed from that research the concept of “Baby Reflex”.

## Amongst the findings were: -

- Reduced severity of their asthma.
- Promotion of better sleep patterns.
- A greater ability to relax with an improved ‘quality of life’.
- Increased bonding between child & parent.
- The children enjoyed their treatments., and even became seen as better behaved.

## *Reflexology research relevant to Baby Reflex*

The three UK exploratory research studies into the effects of Reflexology on Child Asthma, which were co-ordinated by Jenny Lee, showed some interesting results.

These three studies, set up initially to examine the effect of Reflexology on Asthmatic children, took place in many centres over a wide area of the UK and Ireland and were supported and sponsored by National and medical personnel and bodies.

Oxford University; The local Watlington Hospital in Oxfordshire, an Oxfordshire Primary School, and over forty families across England, Scotland, Wales, Ireland, and the Channel Islands took part, all with The Research Ethics Committee Approval.

Every participating child was required to agree to take part in the research and the GP of each child had to agree to that patient being included.

Each family parent also had to agree to the research including their child and a statistician was engaged to monitor and summarise the findings.

This pilot research was carried out at times specifically chosen to include the periods during which Asthma is at its height, from autumn through to the winter during 1994 and 1998.

There were two very clear results from these studies: -

**Firstly, all the participating children receiving Reflexology Treatment, who had sleep problems or disturbed nights, experienced improvements in their sleep patterns.**

In one study, which involved eight asthmatic children of varying ages, two of the youngest children, who were aged 3 and 4 years respectively, fell asleep during the 15 minutes of Reflexology treatment itself, despite that treatment being given in a hospital clinic, which is an environment often felt by children to be far from relaxing and often hostile.

Another interesting result was that an eleven-year-old boy, in one of the control groups not receiving Reflexology treatment, who was, himself, having sleep problems at the time and before that research, particularly asked to be given Reflexology as part of the follow-up at the end of the research project.

During his Reflexology treatments, those professionals around, and later he himself, were all amazed that he fell asleep during his first treatment. His dislike of and inability to sleep well had clearly been overcome by his Reflexology treatment.

It became clear that improved sleep, which is very beneficial and important to young children, was also of benefit to that child's parents and other family members.

**Secondly** was the virtually universal degree of increased bonding that took place between the child and their parents. This was recorded as taking place in most of the child groups which were having Reflexology treatment in those studies.

The subsequent recognition by the medical profession of the importance of “bonding” between child and parents in early life, is now seen as an essential ingredient in early child development, and certainly adds to better relationships at home.

Some of the parents of those children taking part reported and confirmed that their children had become much nicer and better behaved to the parents themselves, after receiving regular Reflexology.

### **The steps that followed the research;**

Following on from these studies, Jenny continued her work with Babies and Children and began to find that Parents in her working areas were very interested in learning how they might be able to give limited Reflexology to their own babies and toddlers.

Those parents and mothers who used Baby Reflex techniques found that they were able to soothe and calm their babies by using the few limited Baby Reflexology techniques. They are easily learned.

In addition, those babies receiving such treatment from their parents, usually improved their own sleeping patterns.

It had become clear to Jenny Lee that once fully trained by a Qualified Baby Reflexologist in certain specialised Reflexology Techniques, parents were soon able to safely give Reflexology treatment to their own babies with resulting benefits to the whole family.



## *The Balkan war & Croatian doctors on the same discovery path as Baby Reflex!*

Jenny Lee, the founder of Baby Reflex, had been invited to give a presentation in 2007 at an International medical conference in Belgium. Her talk was based on her earlier research findings relating to Reflexology and childhood asthma together with her more recent work on Reflexology specifically adapted for Babies.

In the audience was a Doctor who was a member of a medical team from Croatia led by Dr. Milivoj Jovancevic, who had also been dealing with traumatized Mothers and Babies resulting from the then 1990's Balkan War.

That doctor realised that Jenny, who had originally concentrated her Reflexology research around the UK on older children, and the medical team in Croatia had both, at around the same time, noticed the beneficial effects of using a therapy of "touch", on the feet of children and babies. Later that medical team, like Jenny, saw that the bonding increased and in those affected, the children's asthma started to reduce.

The Croatian team had already realised that during that 1990's war many of the thousands of women that had been raped had later become traumatised mothers and were rejecting their newborn babies. That team had also discovered that to restore the essential "Bonding" between them and their babies, those mothers needed to re-learn how to be able to touch their babies in some way.

The team had found that the "Bonding" needed was being achieved by hundreds of refugee mothers giving a type of Reflexology to their babies' feet.

The results achieved in the Balkans were spectacular and Dr. Jovancevic and his team were amazed to see that as that bonding increased, babies had less stress and their asthma symptoms started to disappear.

That medical interest generated in Jenny's work, prompted the invitation for her to later attend the week-long Seminar of The European Society of Social Pediatrics and Child Care (ESSOP) in Sibernik in Croatia, in June 2007.

At that influential and special ESSOP conference, she was asked to talk in detail about not only her work and research findings with asthma children in the 1990s but also her specialised work with Reflexology for Babies and her ultimate creation of the Baby Reflex Organisation.

## Emergency first aid treatment for stings

### Insect and Jelly fish stings

Press firmly on the pituitary Reflex point of the foot relating to the side of the sting

(Marked red on the foot chart),

(for babies of 1 – 5 months, 3 to 5 seconds),

(for babies of 6 – 8 months, 6- 8 seconds)

(for babies 10 months to 1 year, 10 seconds).

Whilst this procedure is happening medical assistance should be sought.

Then apply spinal stroke with a firmer touch than usual.

Pause for 5 seconds, 8 seconds, or 10 seconds, according to baby's age.

Repeat the procedure.

Pause for two minutes

If the sting area has become red and swollen, repeat above treatment as long the baby or toddler is starting to calm down.

Stop treatment immediately if baby or toddler vomits. Occasionally this can happen.

This Reflexology treatment should help relieve the baby's/toddlers discomfort until medical help arrives.

**Note:** *The stings from wasps, bees or jellyfish can be very serious for babies or toddlers. If a young baby or toddler is stung anywhere on the body, medical advice should be taken as soon as possible. However, the above treatment can be given as a 'first aid' treatment in the meantime.*

## *Playtime nursery rhymes for parents and baby*

One, two, three, four, five.

Once I caught a fish alive,

Six, seven, eight, nine, ten,

Then I let it go again.

Why did you let it go?

Because it bit my finger so.

Which finger did it bite?

This little finger on the right.





## The loving touch

### What is the “loving touch”?

Loving touch given to us as a baby is the blue print for essential early **bonding** between baby and parent or siblings. It can generate in the baby a feeling of contentment and pleasure and can help to stimulate that baby's development.

Children and teenagers who have had that loving touch given to them as babies and toddlers have been shown to have greater ability to cope with their own relationships with family and friends. It has also been suggested that that **bonding improves behaviour and quality of life**.

Whilst none of us remember the loving touch given to us as infants, our brains and bodies have recorded this touch in a great communicating network of patterns. A major point to remember is that this special communicating network is mainly completed in every child, by the time that child is four years old.

### THE CONNECTION with Baby Reflex and ‘the loving touch’.

Baby Reflex is a special set of Reflexology techniques that help parents to bond with their babies. The gentle techniques, of touch on the babies' feet and hands, create in the baby a feeling of pleasure and relaxation.

These sensations can enhance the special loving touch that may be already set up between parent and baby which is already creating bonding between them. However, some parents who find bonding difficult with their baby will find that Baby Reflex helps to promote a gentle touch which makes that bonding with their baby easier. Some parents even find that they feel more confident to cope with their initial reluctance to touch their baby after learning Baby Reflex Techniques.

The loving touch between parent and baby is a gentle way to help babies flourish and encourages the communicating network of patterns in the baby's brain to grow. Parents will find that the Baby Reflex Techniques, adapted as the child grows, will continue to encourage bonding between parent and baby in that crucial first four years of a child's life.

## Colic

By the time your baby is a couple of weeks old, you'll probably be well tuned in to their different cries and what they mean. If your baby then becomes colicky, their uncontrollable screaming can leave you feeling helpless and exhausted. Just remember, it's not your fault.

Colic is best described as frequent bouts of intense crying and screaming, usually during the late afternoon or evening. It normally starts within the first month and can continue until week 12 or 14.

### Other symptoms to look out for:

- Knees drawn up to the body
- Flushed cheeks
- Clenched fists and lots of wind
- Eyes squeezed shut in apparent pain
- Nothing you do seems to help!

### What causes it?

Even today, the cause remains a bit of a mystery. Some healthcare professionals will go as far as to say that colic doesn't exist. But if you've experienced it yourself or had your children do so, you'll have no doubt at all that it exists.

Some people believe it is due to your baby's immature digestive system struggling to keep up with feeds. Others say it is all down to trapped wind. Whatever the reason, you can try Baby Reflex on the baby's left foot first as shown on the foot chart. Whatever the cause, it's important to remember that "colic" as most parents experience it, is harmless and won't go on forever, but whilst it lasts, it can be very worrying.

### Coping with colic

Parents are reporting that their baby with colicky pains responds well to the Baby Reflex technique for easing colic. Reflexology is increasingly being shown to be effective in reducing the crying of babies suffering from colicky pains. (Reference Danish Study of Babies aged 4 -13 weeks with screaming fits.)

### Rhythmic rocking

Being rocked in a cradle baby seat or your arms can be soothing or a slow drive in the car might help.

### Massage

with your baby lying face down across your lap or upright facing over **your shoulder, gently rub their back or tummy.**

### Look after yourself

Colic can leave you feeling drained and tired and that can only add to the problem. Try to plan your day around the time your baby starts crying, clearing the decks of other distractions beforehand. It's wise to eat your main meal earlier so that you've got plenty of energy to get through the difficult stage. Give yourself a break from time to time by asking someone else to take over, it helps knowing that you're not alone.

## Reflux and Baby Reflex

### What is reflux?

**Babies often bring up milk during or shortly after feeding – this is known as 'possetting', or 'reflux'.**

Reflux is a baby passively "spitting up" whatever they have just swallowed and is quite different from vomiting when they are unwell.

However, it can still be upsetting to parents, and it's natural to be worried that something is wrong. It is important to know that reflux is normal, and often just the result of a baby's underdeveloped Oesophagus (food canal). Sometimes reflux occurs when much of the feed, together with some acid content from the stomach is returned via the Oesophagus and is common in about 50% of babies in their first 3 months. Only 5% of babies continue to have reflux after 4 months, as the ring of muscle at the bottom of the Oesophagus fully develops and closes off, preventing the stomach contents from leaking out. New parents can often be alarmed by reflux and alert the baby clinic nurse to the problem. Often prescribed anti-acid medication can help to reduce the baby's painful heartburn sensation.

### Causes of reflux in babies and toddlers

One of the main reasons for reflux in babies is the prematurity of the baby and the immature digestive organs. The lower sphincter muscles which prevent the baby's milk being returned up the digestive tract can also be undeveloped in the first 3 months. If the involuntary nervous system (Cranial Nerve-Vagus Nerve) which controls the process of digestion is itself immature, this can cause the baby to have reflux. Sometimes the milk content given to the baby may be too rich or acid in nature and this could alter the baby's normal process of digestion and cause the baby's feed to be returned.

Only in 5% of babies can reflux be a sign of a more severe problem such as Gastroesophageal Reflux Disease or a blockage resulting from milk allergy.

Intolerance of breast milk is rare in babies, but they may react to their mother's own milk especially if she changes her normal diet or if her own life style becomes too overburdened. This may cause her to be very anxious and her milk could in turn become too acidic for her baby to enjoy. Parents, usually, mothers, can be helped by talking to their own doctor as well as asking for advice from the Baby Clinic for the best way to deal with their Baby's Reflux.

### Keeping babies with reflux in the best position

Parents may find that if their young baby has started to have reflux, ensuring that their baby spends some time being more upright each day may help to ease this distressing condition. This will not only aid respiration by allowing greater movement of the diaphragm but will also help the baby's digestion.

Taking longer to feed the baby may help as well. Sitting in a chair to feed the baby rather than lying down in bed, will help keep the baby in a more upright position. Parents might find carrying their baby in a sling for parts of the day not only promotes close bonding but for a baby with reflux it can also aid digestion.



## Guidelines for using Baby Reflex

**Baby Reflex techniques can be applied to a baby from four weeks of age, please note;**

- Only Qualified Baby Reflex Trainers, are authorised to teach Baby Reflex Techniques.
- Parents & Guardians must personally attend all training in Baby Reflexology.
- Parents & Guardians may only treat their own children.
- No creams, powders or lotions should be used with Baby Reflex.
- Note that with confidence in using the techniques, and if your child is willing, your child can be treated **Anytime & Anywhere**.
- Maximum of any baby reflex treatment is 5 minutes per session.
- Only 3 sessions in 24 hours.
- individual points that help relieve baby's pain for example: colic, can be given for 30 seconds more frequently; for example, 30 seconds... 3 times in 12 hours.
- Treatment should be the lightest of pressure, but still evenly given, not jerky.
- Parents can use fingers or thumb but if you find that thumb pressure is too heavy, give the light pressure with whatever part of your finger you find the easiest. For example: stroking the sides and back of big toe (below the nail down) apply the knuckle of your little finger.
- Avoid giving baby reflex for 48 hours after your baby has had a vaccination.
- Treat your baby as you normally do and always contact your doctor or health visitor, if you are unsure about your baby's health.
- Do try and give your baby a daily baby reflex treatment. You will find that both you and your baby look forward to the bonding experience that even a few minutes of daily baby reflex creates in both of you.

## Cautions

- Do not treat child until **48 hours AFTER** vaccination.
- Do not interfere with your child's prescribed medication without the GP's instruction
- Medical advice should be sought **BEFORE** treating a child **IF the child:**
  - a. **Appears Pale or Listless.**
  - b. **Has a fever.**
  - c. **Is breathless, especially when drinking.**
  - d. **Has a Rash or a Temperature Rise, especially if with a stiff neck.**
  - e. **Has Fits.**
  - f. **Starts sudden vomiting not usual in that child.**
  - g. **Has trembling limbs.**
  - h. **Cries in pain when touched or picked up.**
  - i. **Has any kind of Head Injury.**
  - j. **Has any potential danger of Sepsis ([SepsisTrust.org.uk](http://SepsisTrust.org.uk))  
e.g. passing no urine for 12 hours shown by a dry nappy.**

## The Techniques

Make sure you always start and finish the Baby Reflex treatment that suits your baby by holding their heels gently for a few seconds. Babies like the reassurance of repetition.

### Feeding and Digestion

#### Red Arrows - Underside of feet - Big Toe.... Calming

Stroking in direction of arrows down the sides of big toe and underside of big toe, from the bottom of the toe pad 3 times down. This helps to calm baby & is especially useful for young babies with reflux after drinking.

#### Blue Triangles between Toes .....Immune boosters.

Lightly press in between the webbing of each toe and make 3 circular movements. Repeat this technique on both feet.

With finger and thumb either side of webbing between each toe, gently “pinch” webbing and draw an imaginary line between each toe as if “pulling a piece of cotton with finger and thumb”. Repeat this technique 3 times between each toe on both feet. This technique is good for asthma.

#### Green Spot .....Immune System Booster.

Finger and thumb, on top and bottom of foot giving light pressure on top and bottom for a few seconds until you feel tingling or warmth in your fingertips. Give a few seconds pressure ... then release x 3 each foot.

Helps to greatly boost immune system especially useful for babies to be given daily to act as a **preventative** treatment against colds and infection and helps to speed up healing.

#### Small Orange Circle with dark dot in centre.... Reflux Treatment

Starting between the first and second toes on the underneath side of baby's foot. Stroke gently down through the small orange circle and finish in the large yellow circle. Repeat this sequence 3 times on each foot.

Using your fingertip cover part of the small orange circle, blue curved line, and large yellow circle. Press, hold and release above and below the foot, after a second or two you may feel a warmth or tingling sensation in your finger.

### **Blue curving line - under ball of each foot...For soothing.**

Stroke rhythmically across and back 3 times on each foot. Repeat twice more during a 24hour period. Very helpful if the baby is very fretful, this technique is thought to be very soothing. Also, helpful when the baby has a "chesty cough" and can be given with babies prescribed medicine.

### **Blue circle in the centre of the foot.... the solar plexus for calming/soothing.**

Use three times a day with any treatment to "close". Light finger pressure and release 3 times on each foot. It feels comforting and may help with a baby who just cannot stop crying. This technique may also prove effective when trying to relieve cold and cough symptoms.

### **Large Yellow Circle Area above dark orange track ... Reflux.**

Using a light touch with your little or forefinger make circular movements around the circumference and in the centre of this area, repeating 3 times for each foot.

This treatment is especially valuable when your baby is constantly "bringing back" the milk you have just given. Always check with your nurse or doctor for advice **on reflux** here. If your baby is not allergic to the brand of milk, anything you are eating yourself and has no other specific condition which has been attributed to the reflux, gently try this treatment before giving a feed to help reduce acidity in the stomach. Work with the Neck calming as well for a few seconds.

### **Dark Orange "track" .... Colic Relief for "wind"/constipation, ideally given with baby lying on tummy.**

Light pressure in direction of arrow crossing over from left to right foot repeating 3 times on each foot, this helps to relieve colic in young babies and constipation in older babies and is good for routine.

Use light circular movement on the large intestinal tract, working three times on both feet. Being gentle is the key, as sometimes the effect can be immediately.

## Sleeping and Calming

### **Red Arrows**....Back and sides of big toe as for week 1

This is a lovely one to give your baby. It is equivalent to giving them a neck massage which is very difficult for young babies, as they don't seem to have any neck! As before stroke down sides and under surface of big toe from pad downwards, following red arrows and repeating 3 times. Great to do before bedtime.

### **Grey background with a filled blue circle on the foot... Calming**

With your forefinger make a circular movement on the solar plexus point three times.

At the end of the day hold your middle fingers on the blue circle for about 20 seconds.

### **Blue line**...Along the instep of foot ...Spinal Stroke Relax

Stroking down baby's instep on each foot repeating 3 times.

As for the neck, this is like giving your baby a back massage. Calming and very good for increasing the circulation and thus promoting growth of the spine.

Especially good for calming young babies when they are fretful cannot stop crying.

### **Red or Pink Lines** .... Soothing Butterfly kisses above tops of toes.

Lightly brush your palms over tops of toes, front, and back 3 times to simulate a very smooth and gentle touch.

### **Blue dot** ....at the top of the big toe Hyper Baby.

Place a finger on the blue dot at the top of the big toe, then place another finger on the instep above the heel. Simultaneously press lightly on these points for 10 seconds at a time. Repeat this technique 2 times. In between each treatment use neck calming or a spinal stroke. This helps when baby has become very agitated.

### **Solar plexus - blue circle** in the centre of the foot.

Press firmly on spot – this can be helpful to wake baby up (if pressed firmly) and "close" a treatment period pressing in time with baby's respirations 3 times on each foot. Use three times a day with any treatment to close.



## Wellbeing

### Purple lines around the toes .... For the Sinuses

All sinus points are on the toes and with a light feathery touch draw around each toe followed by a very gentle tap on the top of each toe.

Sinus bony channels are not formed in the first few months of a baby's life, but treating this area, helps improve the circulation and bone growth.

### Marked with a black dot between the 3<sup>rd</sup> and 4<sup>th</sup> toe... For ear relief

Place your forefinger or little finger in the space between the 3<sup>rd</sup> and 4<sup>th</sup> toe and make a circular movement three times.

### Marked black dot between 3<sup>rd</sup> and 4<sup>th</sup> toes...Blocked ear relief

This point is to treat blocked and painful ear ache arising from pressure changes when taking off and landing on plane journeys. You can also lightly 'pinch' this area for a few seconds and then repeat. Baby should be encouraged to drink lots of fluids as this eases ear pain.

### Marked Yellow .... For general ear complaints.

Use your forefinger or little finger and with a gentle touch do a small circular movement underneath the fourth and fifth toes. Repeat 3 times.

### Marked Red Spot found on Big Toe, Just below the nail in the centre...For nose complaints.

Using small circular movement on the nose point, circle for three rotations.

Helps when baby has nasal congestion or even if baby has been crying a lot.

Treat with throat and ear reflexes when baby has a cold, with light pressure, repeat 3 times on each foot. If baby has a **temperature** with **ear congestion**, always **consult your doctor or health visitor**.

### Pale yellow Spot found on nail side of big toe... For throat complaints.

Using small circular movement on the throat point circle for 3 rotations.

Very helpful if baby has been crying a lot and if baby is suffering from a sore throat due to a cold.



Teething Pain.....**Green Arrow** on Big Toe and 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> toes.

Give firm pressure, following direction of the green arrows on the chart repeating 3 times over the toes.

Very helpful to soothe baby, especially when baby shows signs of teething by profuse dribbling.



Notes:



Notes: