

touch comes before sight, before speech.
It is the first language and the last and it
always tells the truth.

REFLEXOLOGY FOR TINY FEET
sophieplayfordreflexology.co.uk



TENDER

consoling, relaxing and colic relief

HOW: place your hand under baby's foot allowing the heel to relax into the palm of your hand. Put the thumb of your other hand under the pad of baby's big toe. With a gentle but firm pressure glide your thumb down to the base of the big toe. Remove thumb and repeat three times.

WHY: this area involves the vagus nerve which supplies the nerve pathway to the heart, lungs, stomach, liver, gall bladder, pancreas, spleen, small and large intestine. Its function is to help coordinate normal digestion and metabolism in the body.

BENEFIT: excellent for feeding discomforts, but is equally advantageous in soothing and relaxing baby at bedtime.



LOVING

settling overtired and calming down

HOW: Rest baby's foot in the palm of your hand and place the thumb of your other hand on the top of baby's big toe. With a firm touch glide your thumb smoothly along the outside of the foot ending at the heel. Return to top of baby's big toe and repeat 3 times.

WHY: this area represents the spine which is the core of the skeleton. The spine houses the central nervous system which conveys messages from the brain to sensory and motor nerves throughout the body.

BENEFIT: when baby is upset and you are unsure of the exact cause. Works well when baby is over stimulated and there is a need to have some quiet time.



CARE

quick fix, unwinding and assisting sleep

HOW: with baby's foot resting in the palm of your hand, wrap your other hand around baby's foot with your fingers on the top and your thumb in the centre on the sole. With a slightly firm touch rotate your thumbs in an anticlockwise spiral movement.

WHY: the centre of the abdomen is sometimes known as the solar plexus which is a network of nerves serving the liver, stomach, kidneys and adrenal glands.

BENEFIT: this is an excellent point for parents on the go! If the feet are tucked away use the same technique on baby's hands, hold for as long as needed. Can be very effective if baby wakes during the night and needs a little reassurance.