



Happy Feet Reflexology FAQ for Parents

1. The most important rule is to persevere. Young children often find it difficult to sit still and maybe resistant to their hands being massaged. If that is the case let them watch the video first, gently holding their hands. Don't give up! If you need and can let them watch a cartoon while you're working on their hands. Trust me, persistence will pay off and your child will feel relaxed and well balanced over the weeks.
2. How will we both feel after the practice?
99% of my online clients report both parent and child feeling relaxed and chilled after practicing hand reflexology on their children's hand and enjoy a great night's sleep after a session.
Your child may feel a bit tired, but that is why we practice it at bedtime and is a good indication that the treatment was effective.
3. Congestion - what is it?
Congestions are signs of imbalance in the body and can feel rock hard, like a bubble wrap under your skin, tiny crystal or the area is simply sensitive or painful to touch.
4. Tips to encourage you to practice
As with everything it takes time to establish a new routine.

It is recommended to practice every night for the first 3-4 weeks. After the initial period you can either reduce the moves or practice only as required.
5. One of my child's hands is more sensitive than the other - is that normal?
Yes, absolutely and that's exactly why we always work both hands or feet.
6. My thumb or index finger gets tired during practice.
It's perfectly normal especially at the beginning. Make sure you use different moves on different areas and if your hands feel too tired give them a little shake and stretch them any time.
7. Do I have to keep the sequence you teach?
No you don't, I'm teaching a sequence that seems logical to me, starting on the thumb and working down but you're welcome to use any sequence you are comfortable with as long you don't forget any area.
8. Do I always have to work on every area?
Not necessary but I highly recommend to massage all areas at least once a week even if you use a few moves every night. Reflexology is a holistic therapy and as such we're always looking at the body as a whole and complete system.
9. An additional tip is to play some relaxing music. A good youtube channel with plenty of choice is Next Level Meditation
<https://www.youtube.com/channel/UCgctJ0eDHq4TIXEfFGI3CXw>

Some of the possible side effects of reflexology

While it's highly unlikely for children to have serious side effects, it is better that you know what these can be.

The good news is that any side effects are a sign of the treatment working and as such they should be welcomed. The symptoms should not last longer than 12-24 hours after treatment but in long-standing conditions they may only occur after the second treatment.

The reactions will lessen or disappear during the therapy but may still be present while the body heals and adjusts. Noting these changes would greatly help assessing subsequent treatments and adjusting your lifestyle.

It also helps with qualifying the therapy as there's nothing easier than to forget how you felt before treatment.

For that reason a blank hand chart incl notes is included in the course material.

- More frequent visits to the toilet
- Excessive thirst
- Tiredness
- Change in appetite (loss or hunger)
- Change in sleep pattern
- Dizziness
- Mood swings
- Aches and pains
- Sore feet
- Bad breath
- Rash or itchiness
- Changes in body temperature
- Emotional outbursts
- Feeling short fused or snappy
- Temporary worsening of a pre-existing condition

Do not get frightened if you experience any of these symptoms in your child, as mentioned above it is only temporary not to mention extremely rare in children.

But if you're concerned at any time, feel free to drop me an email at hello@happyfeetreflexology.ie.