

Crying Baby?

Gentle reflexology techniques to help soothe your infant

by

Lynne Booth

Step-by-step instructions to accompany the video on www.boothvrt.com

When a baby is crying it can be almost as distressing for the parents as it is for the baby. If there is no medical problem, these feather-light reflexology techniques may help to soothe and calm an infant. Reflexology is an ancient, non-intrusive complementary health therapy, dating back 5,000



years, based on the theory that different points on the feet, lower leg and hands correspond with different areas of the body. Vertical Reflexology Technique (VRT) was discovered and developed by reflexologist Lynne Booth and is an acclaimed award-winning form of reflexology that has been taught internationally to thousands of practitioners over the past two decades. Synergistic Reflexology, where the hand and foot are gently worked simultaneously, is part of the VRT repertoire and may be carefully used on small babies.

1. A feather-light gliding, relaxing movement on the soles of the feet

Video From: 0:06 Minutes

This soft, gliding movement over the sole of each foot may be used at any time to calm a baby but is especially helpful when preparing your infant for sleep or while they are feeding. You may use this simple techniques several times for a minute or so at a time during a feed or if the baby is restless or cannot sleep.



- Gently press your thumb (or index finger) in a rotating movement on the sole of the baby's feet. You can start either near the heel or the ball of the feet. Never pinch or work the baby's toes as they are too delicate.
- Lightly rotate your thumb or finger 3-4 times in a circular movement as you move down the soft, fleshy sole of the foot.
- You can also brush your thumb in very light upward strokes. In reflexology, the soles of the feet contain many **reflexes including those relating to the chest and lungs** (under the toes to the ball of the foot) and the **digestive reflexes in the middle of the sole and towards the heel**. See Booth VRT reflexology charts for full details of reflexes on www.boothvrt.com.
- Repeat on the other foot.

2. Working the hand and foot together, synergistically, to soothe your baby

Video From: 1:07 Minutes

For extra calming reflexology you can increase the effect by synergistically working the hands and feet at the same time. The palm and sole of the foot comprises many of the reflexes relating to the trunk of the body from **the neck, shoulders and lung**



reflexes below the toes down to the digestive and pelvic reflexes near the heel. Some babies may take comfort in having these areas gently touched, in tiny, subtle pressing and brushing movements, as they feed.

- Place your thumb or finger gently, onto the baby's palm and he or she will automatically grip it. Just touch and extremely lightly release on the centre of the palm at the same time as you make circular, gliding stroking movements on the corresponding foot. i.e right hand and right foot; left hand and left foot. Work for 30-60 seconds and repeat on the other hand and foot. Repeat these soft techniques as necessary.

3. Feather- touch and finger-glide across the foot to calm and soothe, especially before sleep

Video From: 1:29 Minutes

This is the infant variation of the VRT Diaphragm Rocking technique which is part of the Sleep reflexology protocol. It is a profound technique which is used extensively by reflexologists for adult issues regarding sleep issues including flying or for everyday stresses and strains.



- Brush your index and middle finger, either side of the foot on a level with the ball of the foot, in a light, gliding action. Keep pulling your fingers toward you in the same direction up to 5-10 times – do not push them back and forwards. Repeat on the other foot.

4. Soothing small children and babies with relaxing foot reflexology and a cuddle

Video From: 1:55 Minutes

- Babies and small children soon begin to associate these soothing reflexology moves with comfort. By gently stroking the feet of a small child or baby who is crying or uncomfortable, you may be able to quickly comfort them with these reassuring strokes.
- Baby's feet and hands are extremely delicate but they are handled in many different ways by parents and carers during daily life. Use your hands more gently than when you are drying little feet after a bath or putting on socks, shoes or mittens, when applying these reflexology techniques.



The VRT/reflexology techniques aim to bring the body into balance (homeostasis) thus relieving the stresses and tensions of everyday life. You, your family and friends can all benefit. So try and make time each day to spend a few minutes applying these gentle, relaxing hand reflexology techniques which encourage the soothing release of endorphins.

For parents who may have sleepless nights or are experiencing everyday stresses and tensions, see our free Video and Instruction sheet on our VRT home page:

Relieving everyday stresses and tensions

Booth VRT free video and self-help instructions.

See website: www.boothvrt.com



It is very important to ensure that, when gently stroking a baby's or small child's feet, that your pressure never exceeds an extremely light, gliding movement at all times.

Reflexology and Vertical Reflex Therapy (VRT) are relaxing non-invasive techniques and do not replace medical interventions. If you have an acute or chronic medical condition you should always seek the advice of a qualified physician. No person, under any circumstances, should climb onto a stair, chair or raised surface to have their feet worked. Always ensure that anyone standing to receive VRT is near a table or chair to hold for balance. Any application of the ideas or techniques demonstrated in the video or these instructions is at the sole risk and discretion of the user.



Vertical Reflexology and Classical reflexology charts, best-selling books and acclaime 60-minute training VRT DVD for Feet and Hands available on-line at www.boothvrt.com

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