

## My massage is my medicine

My family gives me a massage every day. It is my medicine to help me grow up strong and healthy.

Anyone in my family who knows how, and who loves me, can give me my massage. It could be Mommy or Daddy, Grandma or Grandpa, Sister or Brother, Aunt, Uncle, or Nanny.



### Parent Instructions:

Bedtime is a great time to give the massage, but before or after school, or before nap time may work better. Plan to work it into the routine, and give it at the same time each day. The massage is like a calming and balancing medicine that should be given every day for at least five months.

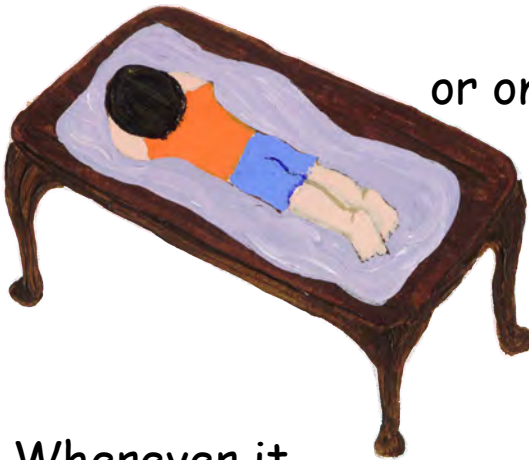
It is best for at least two family members to learn the massage, so that if one day, one of you is not feeling well, the other can give the massage, and the child can still benefit every day.

## Getting ready

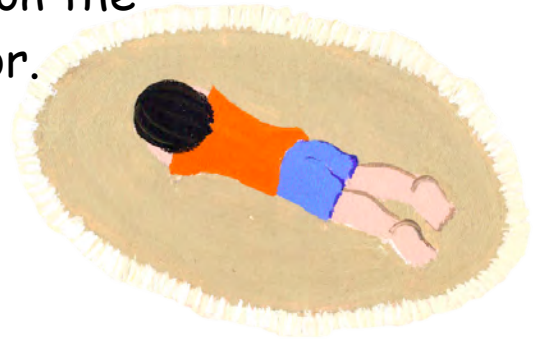
First I lie down where I am going to have my Qigong massage. This can be on the bed,



or on a table,



or on the floor.



Wherever it works best for my family.

### Parent Instructions:

It is reassuring for your child to have a special blanket on which you do massage.

## I can get it in front of the TV

Sometimes,  
when I first  
start Qigong,  
I don't want  
to lie still for  
it.



Then Mommy gives  
it to me while I am  
watching a video.



After a few weeks, I am  
ready to lie down and enjoy it.

### Parent instructions:

YOU DON'T HAVE TO GIVE THE WHOLE MASSAGE AT ONE TIME. At first, some children have so much trouble with touch that they have difficulty accepting the whole massage at one time. If this is the case, you can do part of it at one time, and finish it later.

With time, the massage will help their body to relax and you won't have to distract them with TV. You will be able to give them the whole massage at one time, and it can be a comfortable, close time for both of you.

## My mommy gets ready to give me my massage



My mommy takes a minute to relax and feel how much she loves me before she gives me my massage. Next she rubs her hands together and warms them up three times. If she is feeling sick or upset or tired, she doesn't give me my massage, and we wait till tomorrow to have it.

### Parent instructions:

Giving Qigong massage means giving some of your energy to your child, and this ends up helping both of you to feel better.

We all have days when we have nothing left to give, either because we are too stressed, or getting sick, or just plain exhausted. If you try to give the massage on a day like that, it isn't helpful to either of you.

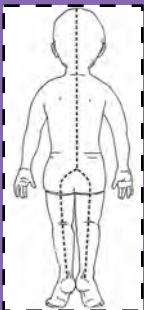
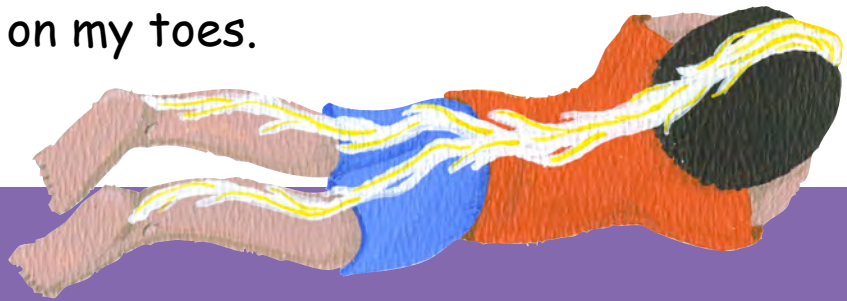
On those days, it is best for you to take a day off from massage, for another family member to do it, or just to wait until tomorrow.

## **Movement 1 - helps me open up and calm down**

When we start Movement 1, Mommy pats the very top of my head a few times to open me up, and start my energy flowing down to my feet. Then she pats down the back of my head, back and legs three times.

Movement 1 helps my brain clear out and opens up my senses so I can notice the world around me. It also helps me to calm down when I start to wind up or get upset.

It makes my energy flow down to my heels so that I don't walk on my toes.



### Parent Instructions:

If your child's knees bend and their heels lift up while you are doing this, do a few extra patting movements from the knees down, to help their legs relax down flat.

Movement 1 also helps make their immune system stronger so they can fight coughs and colds.

## Movement 2 - helps my skin feel better

Movement 2 starts at the top of my head and pats down my head, back and legs with both hands.

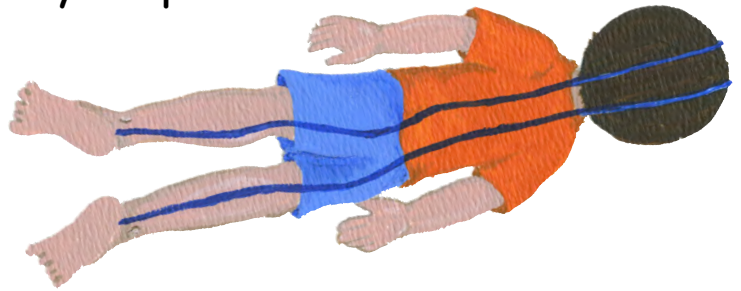
It helps my skin to feel. If I can't feel pain when I get hurt, it helps my skin to wake up and feel.

If my clothes make my skin uncomfortable, it helps my skin feel better when I am wearing clothes.

It can help me with potty training if I need it.

Now I can feel when my diaper is wet and when I need to go potty.

It helps all my organs to work.



### Parent Instructions:

If your child bends up their knees while you are doing this, do a few extra patting movements from the knees down, to help the legs relax down flat.

If your child has trouble with too much, or not enough sensitivity on their skin, or is slow to potty train, you can do extra of this movement.

