



**Baby-Reflexology  
3hr Workshop  
Linda Googh RCRT  
Reflexology Therapist**



Reflexology is a "bonding tool" for parent and child. There are several differences when sharing foot reflexology with a baby as compared to an Adult. Babies' feet are much smaller than adults; all of the reflex points are much closer together, so finger movement is very minimal. Also, babies' feet are not fully formed, so the pressure used should be gentle and nurturing.

A good "SIGN" that the baby has had enough, is when they withdraw their feet. They intuitively know that they've had enough, so please respect this. A good time to start applying some foot reflexology is before a nap or after the baby's evening bath - right before bedtime. They will be most relaxed and receptive. You do not have to be a certified foot reflexologist to help your "little one"

By reaching out in a loving and caring way, you'll be amazed at how a parents touch can bring about natural healing.

Parents will learn basic hand and finger techniques as well as the necessary anatomy relating to babies feet. This hands on clinic will cover many baby issues such as teething, anxiety, colds emotional stress, colic, sleeplessness, constipation, and more..

Requirements: Guardians receive several outlined pictures of babies' feet and hands on blank paper. You will learn basic anatomy first, and all the basic techniques required by practicing on each other first.

One on One Appointments with Linda and your baby will follow, this insures (accuracy and safety.) Your private appointment will be booked at the workshop, for an additional fee. Babies do not attend the Workshops.

For Bookings please contact :

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