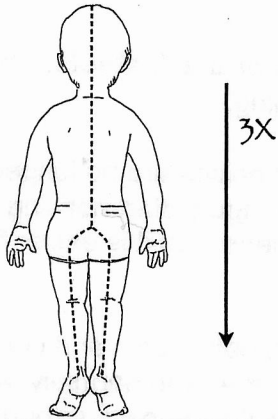
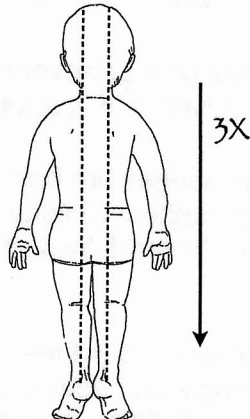


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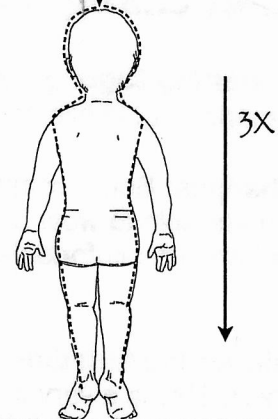
Movement 1



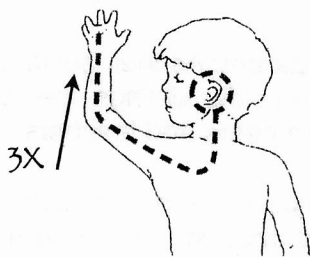
Movement 2



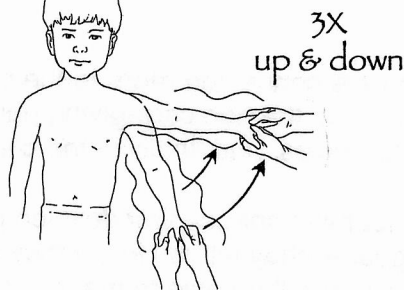
Movement 3



Movement 4



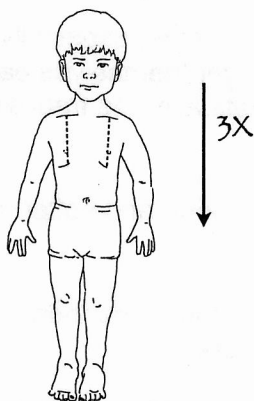
Movement 5



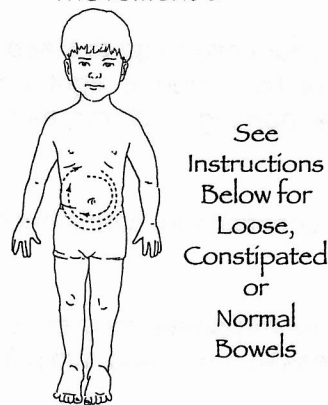
Movement 6



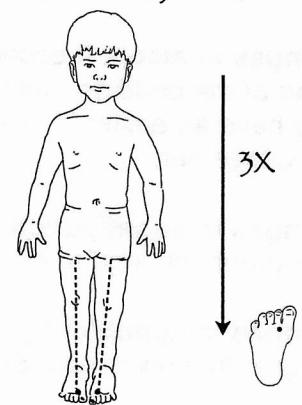
Movement 7



Movement 8



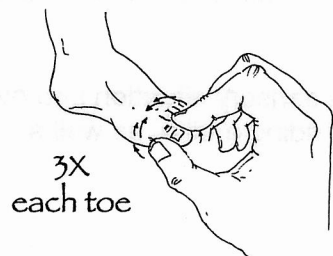
Movement 9



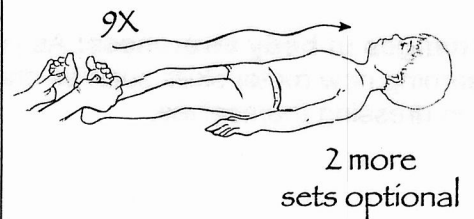
Movement 10



Movement 11



Movement 12

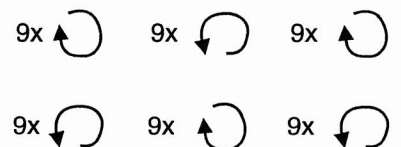


What if my child has normal, loose or constipated bowels?

Option 1: If your child has **loose or normal** bowels, do movement 8 starting clockwise: rub 9x clockwise, followed by 9x counterclockwise and then 9x clockwise.

Option 2: If your child has **constipation**, this is reversed and you start counterclockwise: Rub 9x counterclockwise, followed by 9x clockwise and 9x counterclockwise. When the bowels become normal, you change back to option 1.

Your child's belly is "the clock"



Important changes to 'look for and tell your trainer

Soon after starting Qigong your child may pass one or several dark green or black stools. This means that they are clearing out old bile and toxins from their liver, and is always a good thing.

Sensory changes: Some common examples of changes are haircuts and loud noises are no longer stressful, and children are able to wear a wider selection of clothes. Children who are in diapers start noticing that their diaper is wet and uncomfortable and needs to be changed. With more normal sensation it is easier for them to toilet train.

Feeling pain for the first time: If your child normally doesn't feel pain, they will notice pain and cry appropriately if they get hurt. This is a very important sign of progress, because being able to feel pain normally, allows them to feel empathy, and opens up their social development. Once this changes, the child can pass through a time where they seem to be reacting much more to sensory input, but they adjust and accommodate within a few weeks.

Changes in social skills: Usually children are connected more to the care-giving parent. As their social circle widens, you will notice them opening up more to the non care-giving parent, then the older siblings, then the younger, then the grandparents, aunts, and uncles, and finally in the classroom with peers and teachers.

Changes in language: Children who do not have speech first develop gestural language (e.g. they point and lead you by the hand), then receptive language (they let you know they understand what you say). After that, they begin to "babble" or "baby talk". Then, you will be able to make out single words, and then two and three words together.

Changes in sleep: It becomes easier for your child to go to sleep at a regular bedtime, especially if the massage is part of the bedtime routine. They wake up less often at night, and are able to get themselves back to sleep. They have an easier time waking up in the morning. Nightmares and night sweats are less frequent, and then stop altogether.

Changes in constipation: In the case of constipation, stools become more frequent, and softer. Stools that have been green, change to brown.

Changes in appetite: If your child has a poor appetite, they start eating more of the same foods. Then they are willing to try new things. Stay with unprocessed foods and avoid foods with red dye.

Sense of humor: If your child did not have a sense of humor, they may start to be 'silly' and make jokes. Humor is an important sign of progress, and means that their cognitive side is opening up: they can see the funny side of something.

Changes in body awareness: As your child's sensory situation improves, improved body awareness leads to learning new motor skills such as drawing and riding a bike, as well as new selfhelp skills, such as toilet training and dressing themselves.