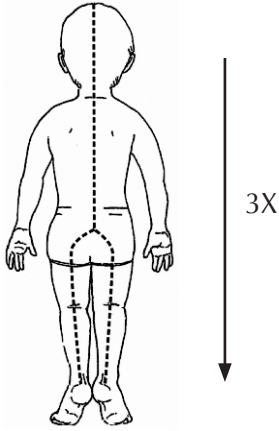
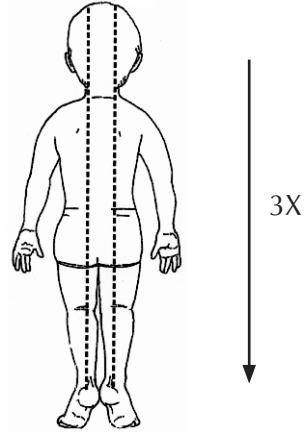


Movement Chart

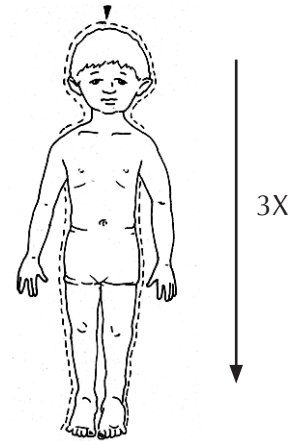
Movement 1



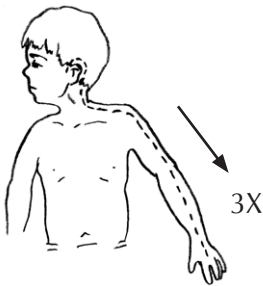
Movement 2



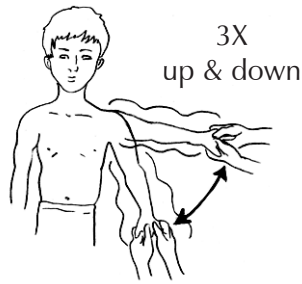
Movement 3



Movement 4



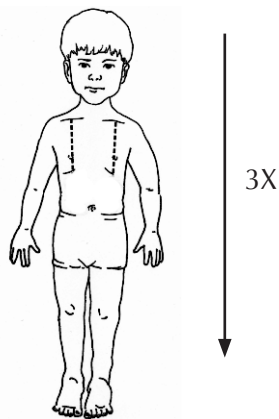
Movement 5



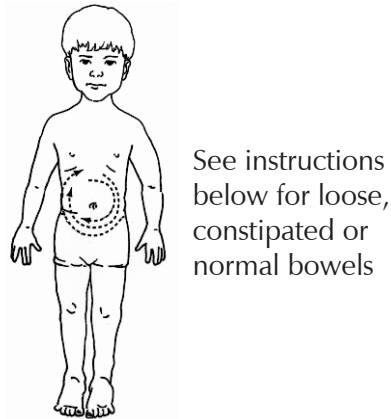
Movement 6



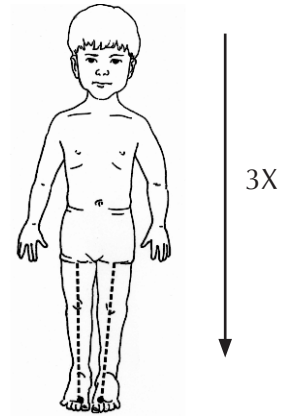
Movement 7



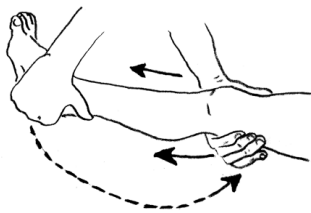
Movement 8



Movement 9



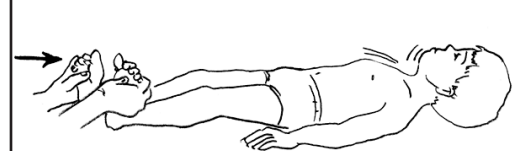
Movement 10



Movement 11



Movement 12

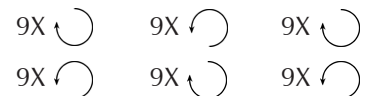


What if my child has normal, loose or constipated bowels?

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

Soon after starting Qigong your child may pass one or several dark green or black stools. This means that she is clearing out old bile and toxins from their liver, and is a sign of progress.

Sensory changes: Things like haircuts and loud noises are no longer as 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. This helps toilet training.

Feeling pain for the first time: One day you notice that for the first time, your child cries when he gets hurt. This is a very important sign of progress, because being able to feel pain when he is hurt allows him to feel empathy for others. This ushers in a time when he is more social, and more reactive to things he didn't notice before e.g. his bath time. Keep doing the massage, but slower and with more pressure, and he will adjust to all new sensory input within a few weeks.

Changes in social skills: Usually children are most connected to the care-giving parent. As their social circle widens, they start opening up to the non care-giving parent, then the older siblings, then the younger siblings, then the grandparents, aunts, and uncles, and finally to children at school.

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 start understanding 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 behavior: Children become calmer and more aware of family life. As they get more comfortable in their bodies, they start learning from their home environment and their development takes off from where it left off. Suddenly your quiet, withdrawn child may start acting like a toddler, saying "no" and having opinions. This is a very good thing! Your child is realizing she is a separate person with wants and abilities, and wants to do things for him/herself. You will need to adjust your parenting approach to parenting a toddler and give the child more choices and limits. Use the Qigong transition to help with transitions. As your child learns more, you can start using parenting approaches for a more 'typically-developing' child.

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. He wakes up less often at night, and is able to get himself back to sleep. He has an easier time waking up in the morning. Nightmares and night sweats are less frequent, and then stop altogether.

Changes in diarrhea: In the case of diarrhea, loose stools become formed and less frequent.

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, she starts eating more of the same foods. Then she is 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, he may start to be 'silly' and make jokes. This is a wonderful sign of progress! Having a sense of humor means that his thinking/cognitive self is opening up: he can see the funny side of things.