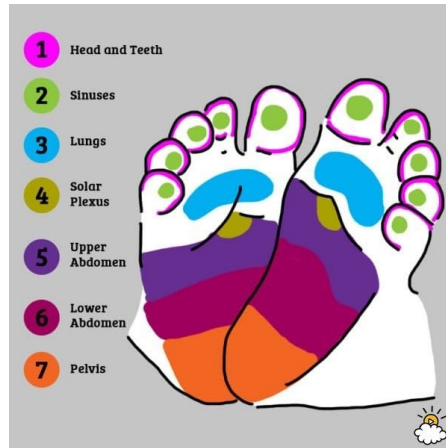


Guide To Baby Foot Reflexology

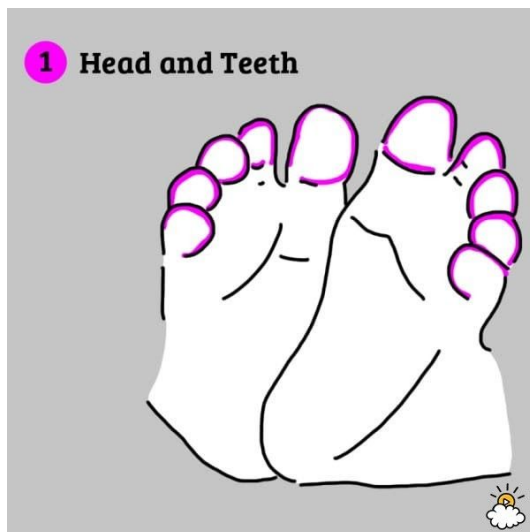


Foot reflexology is known to have very nurturing, therapeutic effects, even with adults. Because the ligaments and muscles in babies' feet have yet to develop fully, they tend to be far more receptive to the gentle reflexology rubs.

When an infant cries or experiences some level of discomfort, we usually rub their hands, feet, and tummy, without thinking. Here, we explain why these methods work so well. The idea is that certain reflex points on the hands and feet are matched with particular organs, bones, and body systems. Each area of the foot corresponds to different organs, muscles, and body parts — and by gently applying pressure to these areas, you can help relieve discomfort brought on by congestion and blockage.

Consult the chart above to get a general idea of the reflexology points, and we'll go on to take a look at each of the areas.

While this advice should never take the place of a pediatrician's expert medical opinion, these touches might make good additions to your baby's routine.



The tips of the toes correspond to the baby's head and teeth. This can be especially helpful when babies are teething.

By gently applying pressure to these little areas, you'll be able to soothe her when she's crying, throwing a tantrum, and exerting too much force on her tiny frame.

2 Sinuses



The center of the toes correspond to the baby's sinuses.

If the baby has been sniffing nonstop, has a terribly runny nose, or has difficulty breathing because of the mucus, try rubbing her toes to soothe the symptoms.

However, always be sure to consult with your pediatrician in addition to administering these touches.

3 Lungs



Chest congestion in babies is most likely caused by an infection or a cold.

If left untreated, it can lead to difficulties with breathing, eating, and sleeping.

In addition to following your pediatrician's advice, try soothing the baby by gently rubbing the balls of her tiny feet — the area directly below the neck of the toes — which correspond to the lungs.

4 Solar Plexus



The solar plexus is a complex network of nerves located in the abdomen, and behind the stomach.

Sometimes, discomfort can come from this area, and result in an upset tummy, spasms, tightness, and trouble breathing.

Try gently applying pressure to the area that is a little below the ball of the foot, to relieve some discomfort.

5 Upper Abdomen



There's nothing like a nice, gentle tummy rub to get the bowels moving smoothly.

Babies, too, can experience bowel obstruction, though the symptoms can prove to be a little unclear.

After consulting with your pediatrician, gently rub the center of the foot soles, which correspond with the upper abdomen, to provide relief.

6 Lower Abdomen



Foot massages can also relieve the baby's discomfort from constipation.

To stimulate the large intestine, try rubbing the lower regions of the sole. This will be especially great for babies who have been a little gassy.

7 Pelvis



The heel of the baby's foot corresponds to the pelvic region.

If you suspect your baby's tummy and hips have been bothering her, try applying pressure to this region, making sure to rub lightly.