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Children's Pediatric Massage (Tui Na) **To Promote Healthy Digestion**

Techniques--typically points are stimulated 100 times, quickly and lightly with a little oil to protect the child's skin. Hand points are only done on the left. Simple oils like jojoba or sesame are ideal, though in a pinch any common cooking oil will do.

Pressing--stimulating a point with a circular movement, typically done with the thumb

Proceeding--pressure has a direction, can be used on the hand or back

Rubbing--circular movements with shallow pressure, use your index, middle and ring fingers or palm

Rolling--technique used for the back

Hand

1. Big Fish--Pressing
2. Spleen/Stomach--Proceeding back and forth
3. Large Intestine--Proceeding --towards child's body for chronic problem, away for acute condition
4. Liver--Proceeding--away from child's body for digestion problems due to emotional upset
5. Heart
6. Lung
7. Kidney

Abdomen

1. Rub the abdomen gently clockwise to promote digestion and elimination and counter clockwise for diarrhea
2. Gently press navel for good digestion and to relieve abdominal pain

Back

1. Rolling up sides of the spine for overall vitality

