

Bodywork for Children

Many parents would like to see their children get bodywork but are not sure whether their child will be able to make good use of a session. Indeed, while giving a child a treatment such as Reiki, CranioSacral Therapy, massage, or acupuncture does present its own challenges, these treatments can be just as beneficial to children as they are to adults.

One option, offered by many hands-on therapists, is shorter treatment sessions for children. These short sessions can often be remarkably effective because children are often able to enter a place of deep relaxation and self-healing even faster than adults.

An important part of any session with a child is that the therapist takes some time to establish rapport and trust with both the child and his or her parents. Quite simply, just because a parent thinks bodywork may be a good idea does not mean that the child will think so. A child who really does not want to be there will tend not to have as beneficial a session as one who is at least a little happy.

Most therapists will have toys available for the children to play with, and some will even let children play while working on them. Similarly, in some practices, it is not always necessary for a child to be lying down on a massage table in order to have an effective treatment. The child could be sitting, standing, or even be held in the lap of a parent.

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