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Presents

How to Have Your Family Thriving Guaranteed

7 Simple Yet Powerful Strategies
to Help Your Child's Behaviour
Without Medication



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Chapter Three: Pain

“How to quickly and easily release pain from your whole body...ease tension, and soothe tired, aching muscles.



Pain is debilitating, it wears you out; stops you from doing what you want to do and can render you powerless. Pain can come from three sources – either a direct blow from the outside; or sport as a direct cause of something going wrong with the body; or as a result of buildup of tension or muscular stress caused by repetitive movements (or lack of movement) incurred during the day.

We mentioned in section one about how muscles can tear and how the fibres re-knot themselves, sometimes causing a matting in the muscles, in turn making them less flexible and often causing localized pain. Even if the muscle fibres don't tear, the muscle itself can often become stiff and sore because of repetitive movement or straining with unnatural movements and this can also create a build up of tension throughout the entire body.

There are a number of ways we can reduce the impact of pain in our lives. Massage is one of the most effective ways of encouraging specific muscle groups to relax. Massage helps the muscles to remove toxins, clear the mind. This in turn helps increase the body's own natural ability to heal itself and you will feel a lot better as a result.

Massage is most effective to the body when used as on-going maintenance like regular service for your car. After all how many old cars do you see

running around perfectly without some kind of maintenance in its life? Your body is the same. Through massage you can look after the body parts as individual units, and you can service the mind and spirit connection through the relaxed state you achieve when getting a massage.

Sometimes pain might be located in a specific body region where you have had an accident sometime in the past. For example they might start



to feel sore in their back, or neck and yet have no memory of how the pain occurred. This happened to a client of mine who was 32 years old when she came to see me with severe neck pain and stiffness in her back. Upon talking to her parents she found out she had been involved in a car accident when she was very young and the pain she was feeling was a residual build up from that accident that had not been previously dealt with.

Basically in life we are all doing too much; from when we are small children, to well past middle age. In the past it is likely that five or six people probably did the one job you are doing by yourself now. We are also prone to injuries that stem from falling over, or having an accident, and even then we are not likely to seek any medical attention. But what a disservice we are doing to our children if we keep getting them to get up and keep going when they fall off their bike, or have an accident when playing sports. Sooner or later they will wear themselves out too, and suffer the pains associated with doing too much. Short massages can help us stop for long enough to help our bodies recharge their natural

energies and go on with the day.

Many children are prone to what medical people call “growing pains”. This occurs when there is fast growth in all the bones; usually in the hips, legs, knees, vertebrae and ankles. Shoulders can also be affected. This is what is happening to your child; the more activities they do, the more they suffer. The muscles tighten up under the stress and this is what causes the child to feel the pain. Massaging the affected areas softly and using an outward or upward motion will help relax the muscles, thereby enabling them to stretch the way they need to.

Other children can suffer pain as a result of high level fitness training. This includes tearing muscles, ankle weaknesses, back pain and headaches. Always allow time between training sessions for their muscles to heal because even a small muscle tear puts more stress on the body as a whole. You may notice this if your child is playing more than one type of sport or engaging in heavy exercise (such as dance) more than once or twice a week. Keep a watch on the number of times and the length of time they actually engage in these activities.



Remember your child’s body needs time to grow and heal, and so pushing it too far will result in long-term damage that is more difficult to fix.

Some points to note when massaging children in pain.

- If the injury is recent make sure you have sought medical attention first and that first aid was used at time of injury.
- Remember to work on the area around the affected muscle group rather than rubbing directly on the sore muscle but ease very slowly toward the pain.
- Keep your voice soothing and calm as this will help relax the child and make the massage more effective.
- If you are unsure as a parent what you should do see your see your Accredited Professional Massage practitioner (they can offer health funds rebates for tightness and restrictions), and always check with your doctor first.

Having the tools, like massage, to help your child when he is in pain is a very empowering thing for you as a parent. We all want to do our best for our children and if we know what to do in certain situations, especially if our child is in pain, stressed or uncomfortable, then we feel better in our role as parents. This leads to a higher level of confidence when we deal with other aspects of family life and not only that but our children respond more positively to us, when we are in a confident frame of mind.

Massage of course is not the only tool you will need to be an effective and empowered parent, but it does have a multitude of uses. It can be used to calm a troubled child; help you to connect and bond with your new baby; can relieve the problems associated with outside stresses, and in itself be a great communication tool for a “dialogue” of caring and compassion with your children. Other tools you can consider for example are the scheduling aspects we talked about in the previous section; being organized yet flexible; having the confidence to say “no” to your child

when appropriate and making sure your whole family enjoys some quality one-on-one and family time.



The website www.HelenBrougham.com.au is here to support you and give you what you are looking for in different areas of your life. I'm so grateful to have you as one of our clients and one of our friends!

Enjoy!

Helen