There are a few different things your child could experience when he/she is processing the session:

1. **Thirst &/or more frequent bathroom breaks:** Thirst is simply the body’s way of getting you/your child to drink more water. Our body needs water to be able to flush waste products, toxins, and anything that is no longer needed out of the body. More frequent bathroom breaks occur as a method of elimination. Increased urination also be a result of lymphatic drainage. Please make sure you encourage your child to drink lots of water, or at least have it readily available for the next 48 hours to help the body process the session.
2. **Change in energy level**: Your child may feel totally energized and rejuvenated, or may feel like he or she needs a nap! It can vary depending on the person, but either response is just the body’s way of processing. Since the body is cleansing itself, it will run “cleaner,” and it is now carrying less “emotional baggage”, so it can make your child feel more energized. BodyTalk assists the body’s nervous system in getting into parasympathetic mode in order to rest, relax, and repair itself. While we sleep, our bodies go to work processing the events of the day, repairing, releasing, digesting, etc. This is why your child may feel tired after a session… it is the body’s way of getting you to rest and turn your brain off so your body can go to work.
3. **Very restful sleep:** Most people find they sleep quite hard after a session. As mentioned above, when we sleep, our bodies are working hard to repair, digest, process, and release the happenings of our day. Encourage your child to listen to his/her body. If your child appears tired, try to encourage getting to bed early.
4. **Feeling emotional:** Often, there are big things that come up in a session. Feeling emotional afterwards, is simply the body’s way of helping your child process and release these emotions. My best advice is to be gentle on yourself and your child. If you notice emotions coming to the surface for your child, embrace the process, create a safe space for your child, encourage emotional expression, and go with the flow. If your child feels uncomfortable doing this, find a safe place for your child to try to do it anyways. This place could be bedroom room, the shower/bath, going for a walk (depending on age), etc. Anger is a very normal emotion. The purpose of anger is to cause movement, thus, this is why it is common to feel angry when we have other emotions to process as well. Physical movement is a great way to help dispel some of these emotions.
5. **In increased immune reaction:** Your child could experience an increase in symptoms. Most people would think that they are “getting sick,” however, you are actually experiencing an INCREASED immune reaction. This means that the body is actually working harder to get rid of any viruses, bacteria, toxins, etc. Your child’s symptoms may seem intense but the body will push through the cold/symptoms much faster than if your child had not had a BodyTalk session.
6. **Various sensations such as heat, cold, tingling,** etc. These sensations can occur when the body is releasing emotional holdings from the body. Feeling cold may also be experienced, as blood moves toward the center of the body when we become relaxed and our body goes into “rest and digest” mode.
7. **Improved digestion, Stomach gurgling, bowel movement(s), &/or gassiness:** For the same reason as listed above, you may experience any of these symptoms. The body is in parasympathetic aka “rest and digest” mode after a session, so the body is focusing on healing and digesting on all levels. This is just another way that the body processes and releases.
8. **Body shakes**: Everyone processes differently, but sometimes shaking is a way that the nervous system releases. Don’t be alarmed, just try to encourage your child to breathe through it and let it happen. Keep your child warm. Dress in layers or have a warm bath.
9. **Improved sense of calmness, relaxation, and overall wellbeing:** Most people note feeling these things before they are finished their appointment. As the body processes and releases, you/your child will notice these things continue to improve.
10. **Improvement in symptoms:** Generally, you will see the biggest improvements in symptoms on all levels (physical, mental, emotional, spiritual) within the first couple to three days following a session. The body will continue to process for up to three weeks.
11. **Increased body awareness:** If you/your child are one of those people who had no idea how to, or had a hard time trying to get in tune with their breath, body or emotions, it’s probably safe to say you have low body awareness. Following a session, sometimes after a couple or three sessions, your child will begin to notice more within the body. This can make it seem as though your symptoms are getting worse. This is actually not necessarily the case. The awareness of what your child is feeling has increased (which is a great thing), and that can increase the sensations that are felt within your body. Paying attention to what one is feeling is actually a very beneficial thing. It may seem uncomfortable for now, but it is the only way to start on the path to healing!

Food for thought: Our symptoms always persist until we can understand their message. Once we “get the message,” we no longer need the symptom and it will resolve.

**Supporting your child in their processing:**

1. **Support:** Make sure your child knows you are there to support him or her when he/she needs it. But also give your child some space, if necessary. Knowing your child’s primary love languages can really help in knowing what your child needs to feel supported. The 5 main love languages are: physical touch, quality time, words of affirmation, acts of service, and receiving gifts. Check out the book: The 5 Love Languages of Children for more information. It is a very helpful read!
2. **Take deep breaths** with your child when feeling happy, so that he/she will also take deep breaths when feeling overwhelmed with emotion, and exhale through the mouth. Breathing is how your brain scans your body to see what areas of the body need attention. It also helps your body process and release these emotions. You can encourage your child to pretend to blow up a balloon or a bubble with the exhale or a forceful exhale.
3. **Do cortices.** Watch the video: [**www.InnerCompassAcademy.com/cortices.html**](http://www.InnerCompassAcademy.com/cortices.html)

You can do cortices on yourself and ask your child to help, or you can get him/her to copy you and do it on his/her self. If they do not want to participate, that is ok. You can do the technique on yourself and take deep breaths and maybe after seeing you do it a few times, he/she will be more open to it and possibly even ask for you to do it!

1. **Pay attention to your child’s behavior.** Young kids do not know what they need or even what they are feeling. Behavior is the first thing to change when something is off. If your child is acting overtired and irritable, perhaps change the schedule and get him/her to bed earlier.
2. **Encourage emotional expression.** Tell your child it is ok to express their emotions. Don’t scold him/her for expressing emotions or having a tantrum. Sometimes it is the only thing they know how to do. It is releasing energy, so just let it happen and be there for him/her when it is over.
3. **Be patient & compassionate, but firm.** Your child’s bodymind is doing a lot of work. It can cause him/her to feel tired. If they are not totally sure how they are feeling, they can start to get overwhelmed and act out. Try to be patient and compassionate. Stand your ground with what is and is not allowed in terms of your rules and boundaries. This is not a time for your child to get away with anything, but at the same time he/she may need help in understanding what emotions he/she is feeling. If he/she does anything for which you give a consequence, make sure you talk about (in a calm tone) why the consequence happened. For young children, it can be helpful to describe what you see in terms of emotions. “I see you are feeling angry. Your hands are clenched, your face is frowning, and you look pretty mad right now.” Then offer a suggestion, “maybe you want to scribble with crayons or maybe you need a hug?” See below for more ideas. For older children, you can explain that it is very normal to feel angry and overwhelmed after getting a BodyTalk session.
4. **Offer up suggestions to help relieve some emotion.**  See below. Everyone processes in different ways, so be creative and find out what works best for your child.
5. **Give them two options** to pick from to avoid power struggles and help your child feel in control. Don’t force your child. Instead, give him/her some responsibility by asking for some help. Let your child have some input. Ask what he/she wants to do today and give a few options. Include your child in your daily tasks so he/she feels included and important.
6. **Sharing session details:** Depending on your child’s age, it may or may not be helpful to tell them what came up in their session. Some kids are very private and don’t want parents to know how they are feeling. In this case, I wouldn’t advise you to bring up the session details. It is more for your understanding, and to give you insight into what your child is feeling. On the other hand, some kids want to feel understood, and sharing the session details could be a way of connecting and explaining to your child that you didn’t know he/she was feeling that way.
7. **Do the homework**. If you receivedhomework for your child, it was for a reason. Please be committed to the process, and do the homework to get the most out of us working together. It is in the best interest of your child, and for all of you, to do the homework.
8. **Use essential oils to help your child relax.** Essential oils in a diffuser can really change the mood: lavender, peace and calming, joy, etc. You can also get your child to smell/inhale some of these oils a calming affect.
9. **Journaling:** For older kids, writing in a journal can also be a helpful way for them to understand and express their emotions.
10. **Book your child’s follow-up appointment:** Kids are so receptive to the emotions and stresses of the people in their world. They can pick up on their parent’s stress and they can be very affected by events and people around them as they try to learn about the world and form belief systems. Pay attention to your child’s behavior. If something has happened and their behavior has changed, it is very likely that something major is affecting/bothering them. Kids do not always understand what is bothering them, and a lot of times it can be subconscious, meaning they are unaware it is even bothering them. But, it can affect their bodyminds and as a result show up in their behavior. Behavior is the first thing to change when something is wrong. Don’t dismiss this. It could be time for some BodyTalk Access or a BodyTalk session. These formative years form the belief systems that we use for the rest of our lives. This is a very critical time and it is absolutely amazing how receptive kids are to BodyTalk. Watch the transformation yourself!
11. **Ask Questions:** If you have any questions or are feeling overwhelmed yourself, don’t hesitate to contact me.

If your child feels angry or emotional, offer up some different things to help him/her release some emotions: (these are obviously dependent on your child’s age)

1. Play with play-doh or molding clay. These movements can release energy.
2. Scribbling with crayons.
3. Squeeze a stress ball.
4. Rawr like a dinosaur, crawl around like one too! You can lead the way and play too.
5. Singing really loud or having a dance party.
6. Going to a place like the Fun Factory or CJ’s Climb & Play to expel a bunch of energy in a physical way.
7. Depending on the mood… tickle fights or gentle play wrestling.
8. Hide & Seek or peek-a-boo can really change the mood.
9. For older kids: a punching bag (at your discretion), going for a walk, etc.
10. If your child needs to talk to process things, Talk it out. Ask questions that require more than a yes/no answer. Be aware if they start to shut down due to prodding, as then it is no longer helpful.

**Processing Ideas based on the 5 Love Languages of Children:**

Please note: Most kids have more than one primary love languages and need to have all love languages shown to “fill their love tanks.”

**Words of Affirmation:** talk it out, give complements, ask questions that require a detailed answer, affirm/reinforce positive behavior. “You did such a great job of sharing and being patient today!”

**Physical Touch:** Giving a gentle massage or playing with your child’s hair, Snuggling, hugs, reading together, wrestling, tickle fights.

**Quality Time:** Doing anything together. Give your child your undivided attention. Include your child in your daily activities so he/she feels important and helpful. Asking your child what he/she wants to do is a great way to make he/she feel loved. This can include anything from reading together, playing tag, building a fort, doing a puzzle, helping with homework, watching a favorite show together, etc.

**Receiving Gifts:** Get your child a special treat and explain why. This could even include letting him pick out a snack at the grocery store to share when he gets home.

**Acts of Service:** Get your child involved by helping. “Can you do this for mommy? Wow, I really appreciate how helpful and cooperative you were today.” Or do an act of service for your child, if he/she is old enough to understand and appreciate. Make her favorite meal, let him pick a toy to take to daycare (given he will share it and it won’t cause problems), etc. Include your child in planning an act of service for someone you know or for someone who is less fortunate.