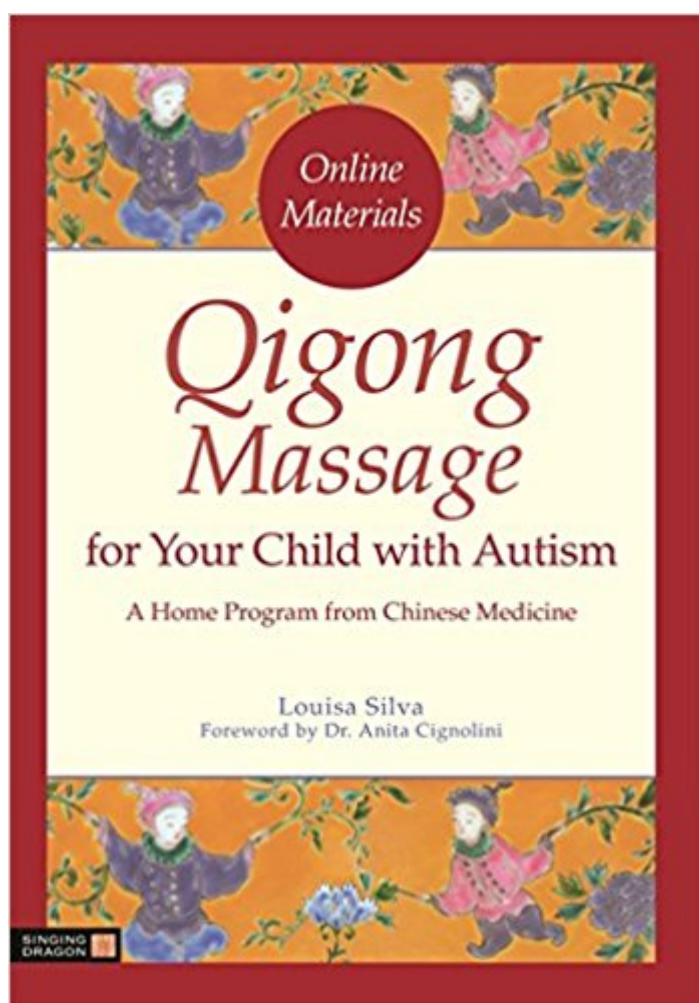


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# Qigong Massage For Your Child With Autism: A Home Program From Chinese Medicine



## Synopsis

NOTE: The material is available online. This book will not include a CD or DVD. Qigong massage has been used in China for thousands of years as a means to achieve health and wellbeing, and to treat a wide variety of ailments. This book teaches parents a simple qigong massage programme that has been developed specifically for the needs of children with autism spectrum disorders (ASDs). With step-by-step instructions and accompanying downloadable video content demonstrating the technique in action, this book offers parents clear guidance on how to adopt qigong massage into their child's daily routine successfully. The program is based around a core 15 minute massage that, when performed regularly, has been shown to greatly improve mood and behavior, sleeping patterns, and language and social skills. Also included is information on diet, advice on reading a child's body language during massage, and helpful progress checklists. Qigong massage is the ideal therapy for parents looking for an alternative way to strengthen the mind, body and sensory abilities of their young child with autism aged 6 and under. Previously published with a DVD, this material is now available online from [www.jkp.com](http://www.jkp.com).

## Book Information

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## Customer Reviews

Complete with step-by-step instructions, Qigong Massage for Your Child with Autism takes a relatively unconventional practice and provides a practical tool for parents and caregivers. Backed by multiple studies and developed by the director of the Qigong Sensory Training Institute, the book will give parents the confidence to embark on a new practice that will hopefully make for happier,

healthier families... Silva excels at keeping her message realistic and never loses sight of the fact that she's addressing actual parents. She clearly lays out expectations for and limitations of the program, and provides the necessary tools to track progress and behavioral changes. She refutes skeptics by simply saying "seeing is believing," instilling the confidence so vital for motivating parents to stick with the program. The difficulties of having an autistic child and parenting in general are openly acknowledged without judgment, and she offers a truly empathetic, yet encouraging voice...The book's structure also seems to be designed for parents, with the intention that they can easily pick up the book and find what help they're looking for, as common troubles and solutions are reiterated in multiple chapters... Educational, realistic, and reassuring, *Qigong Massage for Your Child with Autism* offers parents a non-invasive, prescription-free supplement to managing autism, and with further studies being conducted now about the effects of qigong on children with cerebral palsy and Down syndrome, tradition Chinese medicine will hopefully become helpful to an even wider population. -- Foreword Reviews If you have an autistic child, Dr. Louisa Silva's *Qigong Massage for Your Child with Autism* probably is the best gift that you can give to both him and yourself. -- Examiner.com In her book, Dr. Silva uses plain English to explain why and how the QST program works. There are 12 movements in the massage routine. Dr. Silva gives very clear instruction with illustrations for each one. Each child is different, so is his condition. She provides troubleshooting guidance and a check list. She offers extra techniques for transitioning. She lays out the details of the healing process, so parents can have proper expectation.-- Examiner.com Complete with step-by-step instructions, *Qigong Massage for Your Child with Autism* takes a relatively unconventional practice and provides a practical tool for parents and caregivers. Backed by multiple studies and developed by the director of the Qigong Sensory Training Institute, the book will give parents the confidence to embark on a new practice that will hopefully make for happier, healthier families. -- ForeWord Magazine

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It's only been 8 weeks since we started this protocol and my son is speaking more, regulating easier, listening better and giving us far more eye contact. I am also more calm as the massage is soothing. He is even making and remembering friends. I would rate this as one of our top 4 interventions of dozens we've explored.

Love it! What a beautiful and gentle way to bond with your child and help their nervous system work better at the same time. I am a massage therapist and wanted to practice the technique before showing it to my clients. They say to use it on children under 6, but I practiced it on my 14 year old son (who does not have autism) and he loved it and felt calmer.

Clearly written. Easy to learn with the DVD. The author has beautiful energy as she works with children. The research is documented. There is no reason not to use this simple massage to learn

the "stuck energy" areas in your child's body and to simply and quickly promote balance.

Excellent and valuable information to assist children on the autism spectrum.

I was expecting the book with a dvd included unfortunately there was no dvd and it was confusing to the massages just by reading the book.

A good reference and a practical book. It explains why the steps are for and what it will do for an autistic child. Qi Gong Massage also good for non Autistic child too.

The book did not come with a dvd. Very disappointing. Many people didnt get it either.

This book is based on a well research, peer reviewed protocol. I recommend it highly.

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