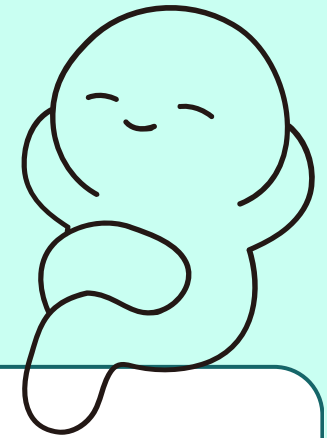


RAISING CALM CHILDREN



A PARENT'S GUIDE TO THE NIGHTTIME NERVOUS SYSTEM ROUTINE

Cranial sacral touch · Vagal nerve science · Reflexology · Breathwork
15–20 minutes per night · No equipment needed · Just presence & intention

SELF-ACTION HEALING FOUNDATION

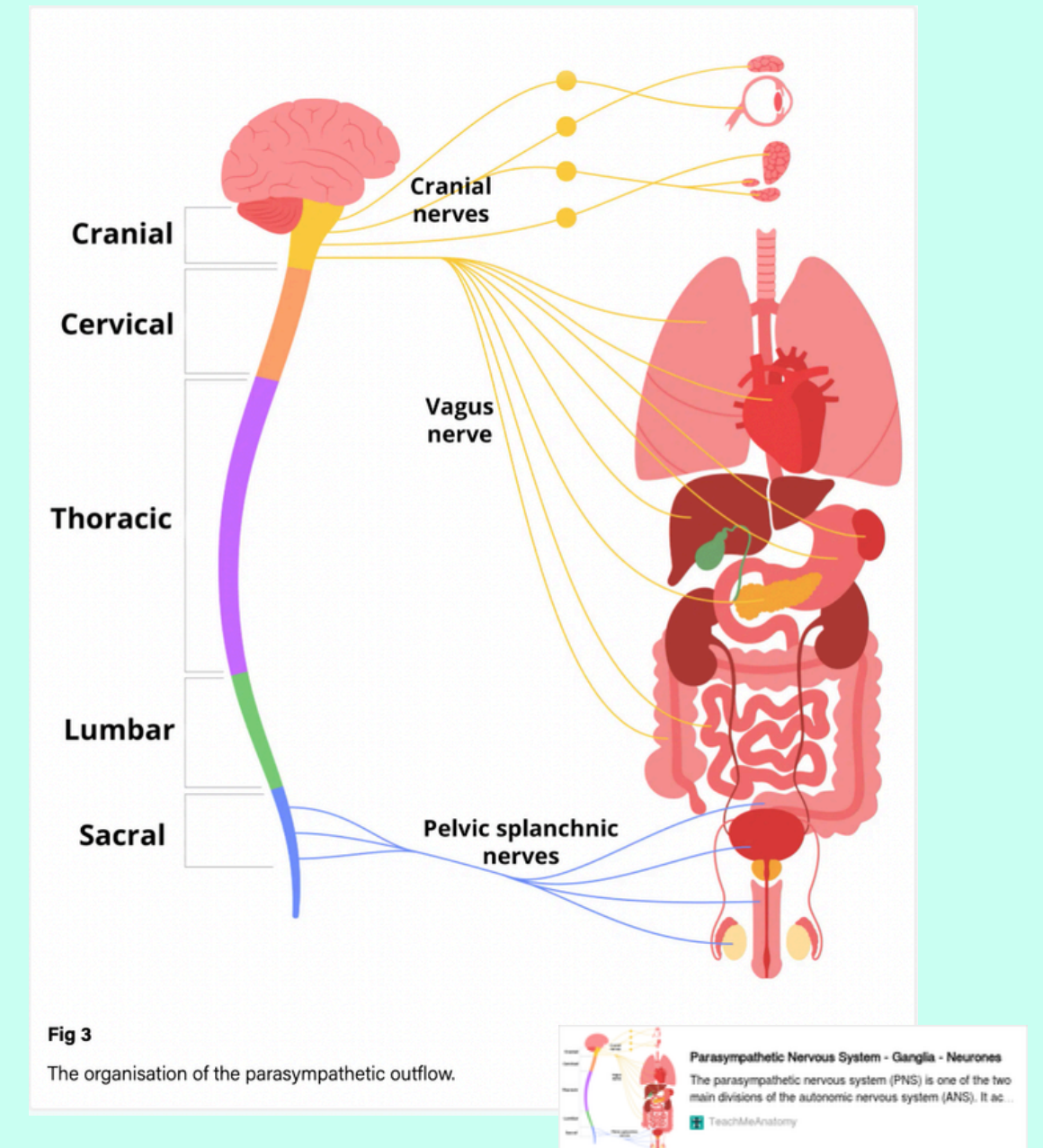
EIN 41-4682610

Parent Education Program

WHAT IS CRANIAL SACRAL WORK?

"The body has an innate self-correcting ability. Cranial sacral touch supports that intelligence."

- Feather-light touch applied to the skull, spine & sacrum — 5 grams of pressure (weight of a nickel) Frontal Lobe
- Restores the cerebrospinal fluid (CSF) rhythm — a 6-12 cycle/min pulse used for self-correction
- Shifts the nervous system from sympathetic (fight-or-flight) into parasympathetic (rest & repair)



FASCIA: THE BODY'S CONNECTIVE WEB

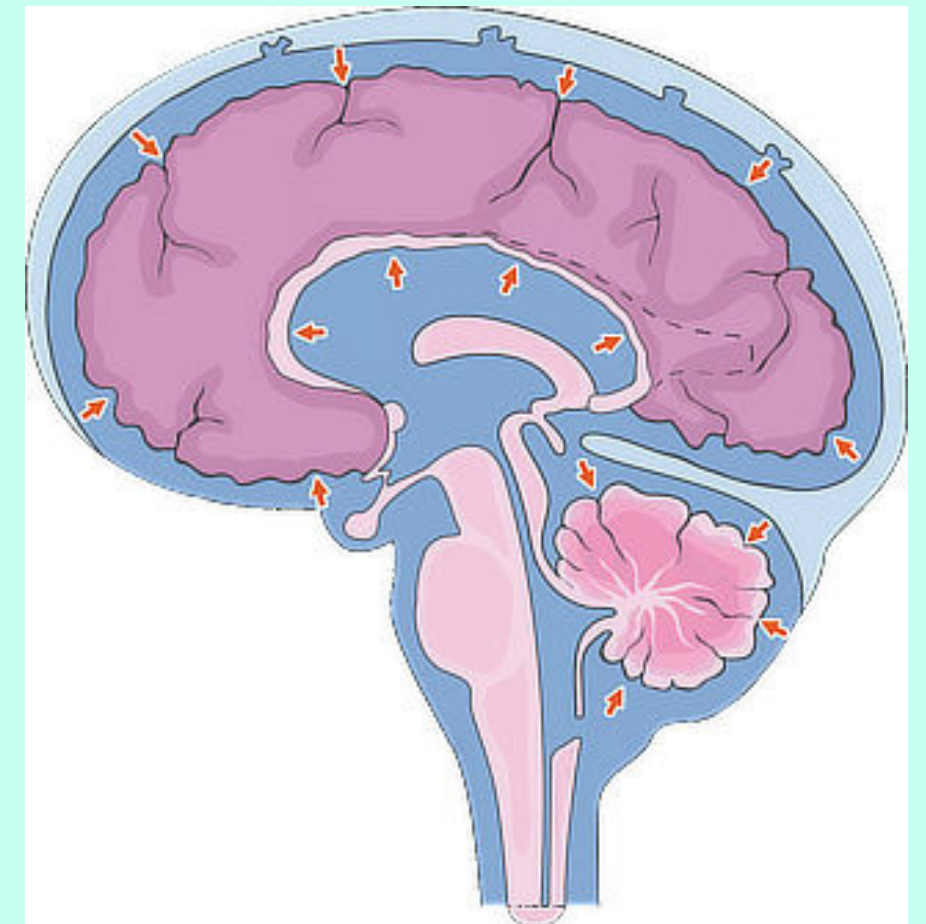
"Fascia is not just wrapping – it IS the body's communication network."

- A continuous 3-D sheet wrapping every muscle, organ & nerve – the body's biological internet
- Fascia is our LARGEST sensory organ – contains more nerve endings than muscle tissue
- Enables all internal structures to glide, stay organised & communicate with each other



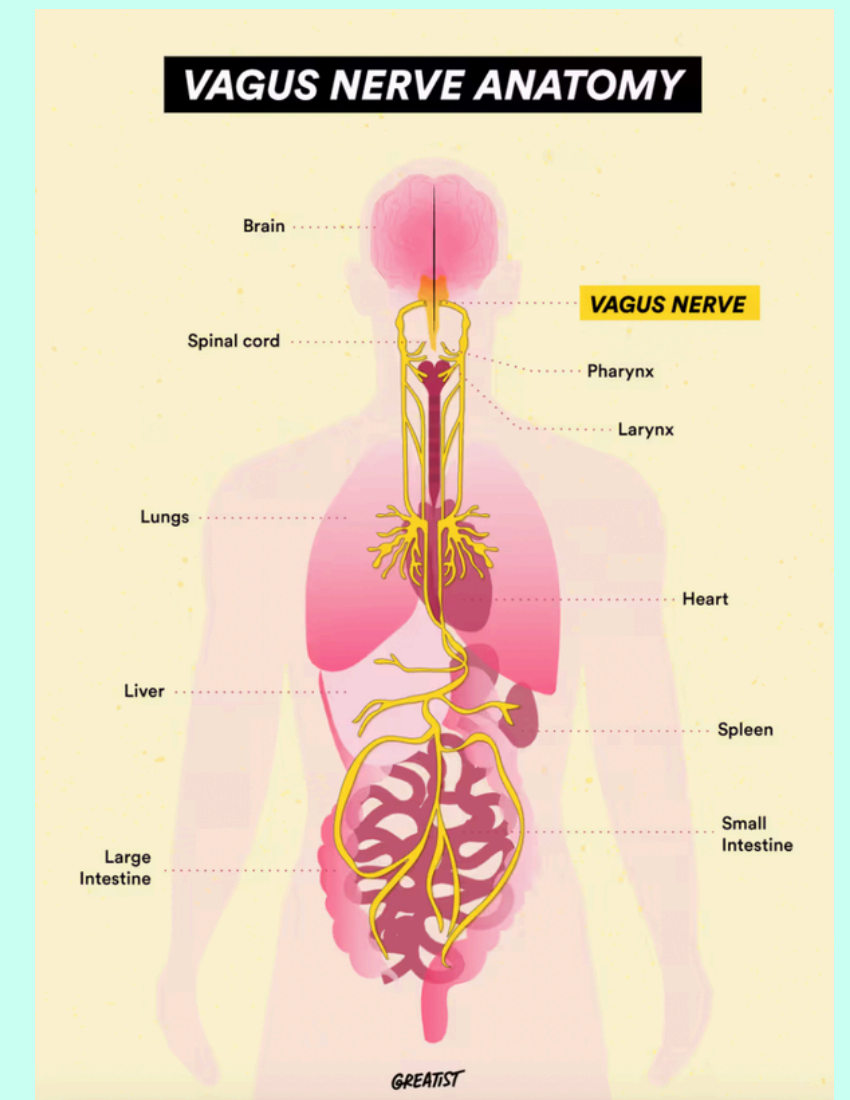
THE CRANIAL SACRAL SYSTEM

- Meninges — three protective membranes surrounding the brain and spinal cord
- Cerebrospinal fluid (CSF) — cushions, nourishes & detoxifies neural tissue around the clock
- CSF pulses at a measurable 6-12 cycles per minute — detectable through trained parental touch



THE VAGUS NERVE: YOUR CHILD'S REST SWITCH

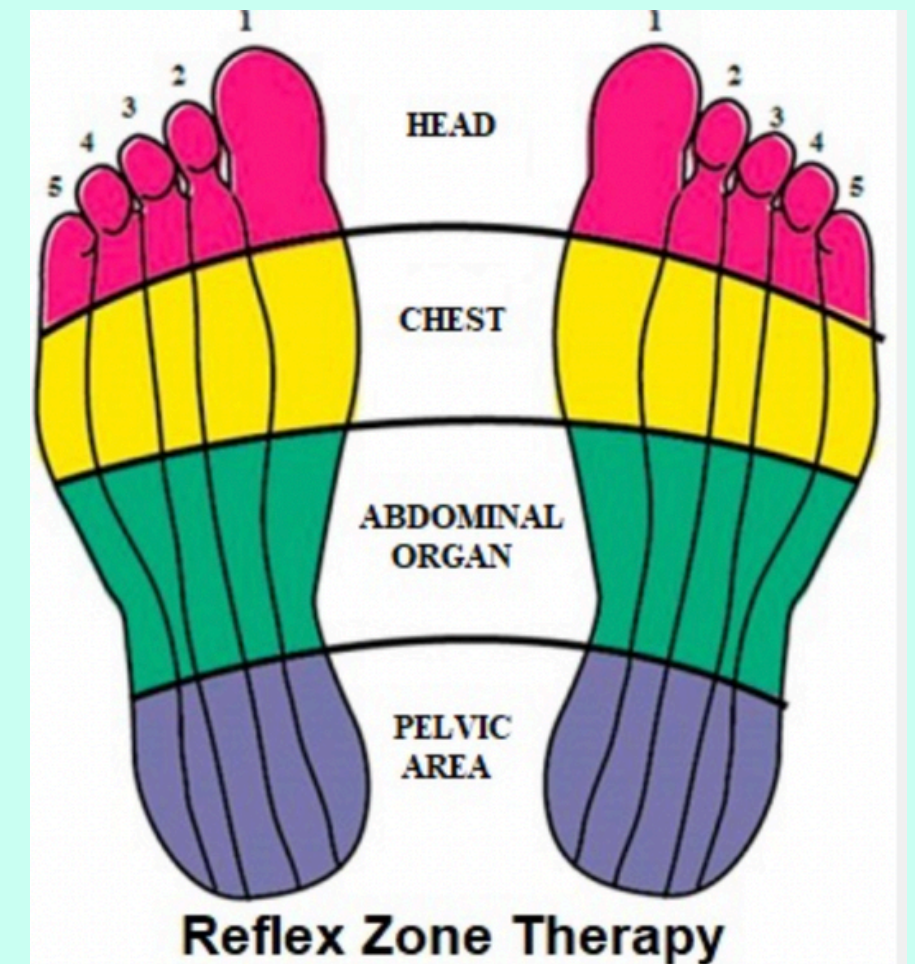
- The longest cranial nerve — runs from brainstem through neck, chest & down to the abdomen
- Primary highway of the parasympathetic system: rest, digest, repair & social connection
- Carries 80% sensory data (gut to brain) and only 20% motor signals (brain to organs)



REFLEXOLOGY: FEET, HANDS & EARS

"The foot is a map of the whole body. The ear maps the whole nervous system."

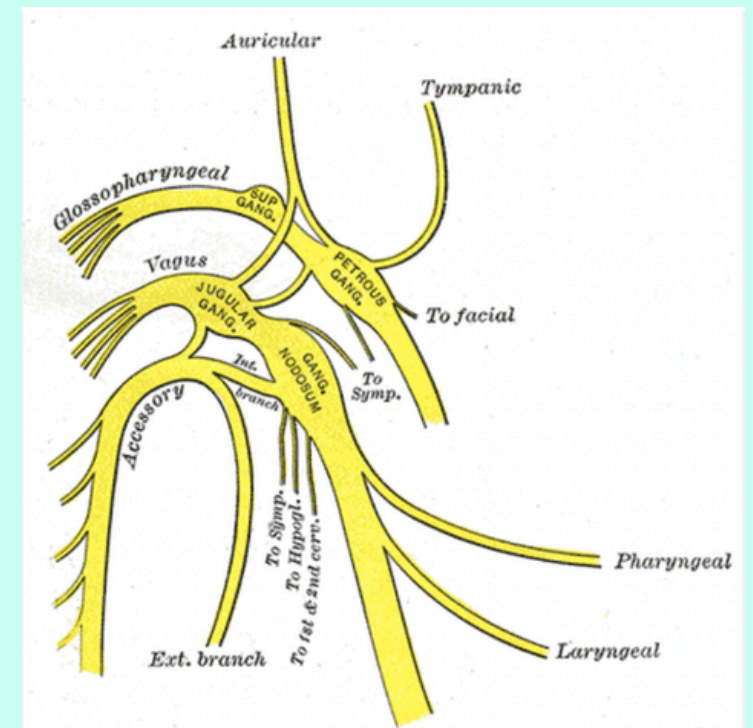
- Specific zones on feet, hands & ears map to corresponding organs & systems throughout the body
- Light pressure at reflex points sends signals through peripheral nerves to target organs
- Feet contain 7,000+ nerve endings – gentle pressure activates the parasympathetic system
- Study: foot reflexology measurably reduced cortisol and anxiety in children within 20 minutes



VAGAL TONE & PARASYMPATHETIC DOMINANCE

"Every calm bedtime is a deposit into your child's resilience account."

- Vagal tone = the nervous system's baseline capacity to return to calm after stress
- Higher vagal tone means better sleep, digestion, mood, immunity & social engagement
- Vagal stimulation suppresses inflammatory cytokines — a key driver of sleep disruption in children



BREATHWORK: THE EXTENDED EXHALE

"Every calm bedtime is a deposit into your child's resilience account."

- Vagal tone = the nervous system's baseline capacity to return to calm after stress
- Higher vagal tone means better sleep, digestion, mood, immunity & social engagement
- Vagal stimulation suppresses inflammatory cytokines — a key driver of sleep disruption in children

