

# Well Baby Clinic

MULBARTON HOSPITAL

Johannesburg, South Africa

by Linda Tellington-Jones

Our Guardian Angels arranged a most propitious TTouch experience with Caryn Periera at her Well Baby Clinic in April! I met Caryn on April 11<sup>th</sup> when she dropped off her daughter, Candice, with her horse, Dot, at the South Africa Tellington Training for Horses. During the week Candice went home with stories about the healing potential of Tellington TTouch for animals and their people.

Caryn is a registered nurse as well as a midwife and palliative care practitioner. Three mornings a week at the Mulbarton Hospital on the outskirts of Johannesburg, South Africa, she runs the *Well Baby Clinic*. Caryn's ears pricked up at the thought that TTouch could offer mothers an alternative to drugs that sometimes caused side effects for their babies.

Roland and I changed our Lufthansa flight and stayed over an extra week in South Africa to spend a morning sharing TTouch at Caryn's clinic.

We arrived at the Mulbarton Hospital Clinic on the morning of April 25<sup>th</sup> to find 5 mothers waiting expectantly, each with a different issue.

## Baby Issues

One mom was there with a 10-week-old boy who was born with the navel cord wrapped around his neck and has issues with hyperextension and hands that he holds in a fist.

Another mom wanted to know if TTouch could help her prepare her baby for Cleft Palate surgery.

Two of the wee ones are suffering from frequent colic. And another from acid reflux, on medication that was causing painful constipation.

Colic is a common theme at the Well Baby Clinic. I asked all the Moms how long it took the babies to burp after feeding. One Mother said 5 minutes to an hour and the average was more than 30 to 45 minutes. That's where TTouch can be a major time saver, because with gentle 1 to 2 pressure Raccoon TTouches, babies often burp in under five minutes.

I showed the Ear TTouch both for digestive upsets or illness; Raccoon TTouches on the gums to reduce the pain of Teething; Mouth TTouch for soothing emotions; and the Heart Hugs to reduce the Mother's stress when their babes are colicky or fussy or teething or sick.

Elsabe Potgieter, a TTouch Practitioner 1 for horses, joined us

to film the session and share her poignant story of TTouch for the rehabilitation of her 20-year-old "Miracle Boy" Hein. Hein suffered a life-threatening motorcycle accident with accompanying brain injury.

Elsabe said TTouch was like a miracle for her. She was in shock when she got to the hospital and could not feel or think or hear the doctor when he was talking to her. Mouth TTouch and Heart Hugs brought her out of shock and kept her present enough to hear the doctor and make necessary decisions and sign permission papers. She is convinced that Air TTouch above his body when he was in an induced coma and TTouch from a distance when he was in ICU was a major factor in his speedy recovery. Six months later, way ahead of any expected recovery, Hein is riding and practicing for endurance competition. These same techniques can be used by other mothers in the case of injury or illness for their children.

## Heart Coherence

During the morning I talked about Heart Coherence and the use of the emWave (available at HeartMath.org) to reduce the stress of mothering or dealing with illness.



## Heart Hugs & Ear TTouch for Acid Reflux

For the mother of the little boy suffering from acid reflux, I told her the story of Hans-Gerhard stopping his acid reflux - after suffering for 20 years - by doing Heart Hugs. It has continued to work since the workshop last year. I also showed **Ear TTouch for the Acid Reflux**.

## Preparing the Mother for her Daughter's Cleft Palate Surgery

One Mom was there with her baby who is scheduled for Cleft Palate surgery next month. I showed her Heart Hugs to calm herself and Mouth TTouch to help her overcome her fear and



help to keep her in Heart Coherence so her baby would not be stressed by feeling her emotions. I think hearing Elsabe's success story could have been encouraging. I also suggested she sing or hum as she TTouch her baby around the mouth and lips in preparation for the surgery; and suggested she hold the thought that hundreds of thousands of babies have gone through this surgery with successful outcomes.

### **Closed Fist, Heavy Head and Distress**

The 10 week-old boy who was born with the umbilical cord wrapped around his neck was closing his hands tightly into a fist.

Many years ago I had experience with this same issue with an infant named Mathew. His mother put off surgery for several days trying the very gentle Raccoon TTouche (with the tips of the fingers) simply following directions on my dog video. It worked and she brought Mathew to me in Germany when he was 17 weeks old to show me the result. His hands were perfect.

With this little one in Africa, he could open his hand when I TTouch it gently. I suggested his mother begin focusing on the blessing of this little boy and look for the smallest improvements, rather than holding the story of his difficult birth. I know that is easy to say but really takes focused positive thoughts.

Another issue he has is hyper extending his back when lying down. He is a large baby and his Mother was told to hold him upright in a sitting position so he will use his muscles to hold up his head. But his head is large and heavy and it he could not keep it quiet on his neck. He was constantly readjusting and was clearly distressed and dealing with it as best he could. The Mom has been advised that he needed to sit upright to develop his muscles because he goes into hyperextension when he lies down. (This advice did not come from the Well Baby Clinic.)

Considering his restlessness and discomfort I asked her to check, using the body kinesiology, whether it is in the best interest of her infant to hold him upright this much of the time.

She got a clear "no" and realized that intuitively she had not felt right about it. I find the body kinesiology an excellent way to check your intuitive or logical decisions.

### **Unconscious Habits – Back Patting, Tummy Rubbing**

One of the Moms was **patting** her daughter on the back rather vigorously for more than five minutes while I was talking with another Mom. The little girl was quiet and did not seem in need of patting so I asked the mom if she was patting for a reason. She was surprised and had not realized she was doing it. I asked her if she would be willing to feel what it was like, and when I did the same patting on her back she exclaimed, "It's terrible!"

It's a common human characteristic to make movements we are not aware of when we concentrate on something else. However, it's worthwhile helping each other become more aware of our habits that could be causing discomfort to a child. Just consider for a moment what it must feel like for a baby who can't move away from uncomfortable patting or rubbing. I believe it could result in inner tension and frustration in later years.

Lying Leopard, Coiled Python TTouch and Ear TTouch have brought relief to many babies with bloated tummies. One of the Moms with a colicky baby was rubbing his stomach quite vigorously and the motion did not seem to have a calming effect. I asked if I could do the same motion to her and she found the movement irritating.

However, it takes practice to replace a repetitive movement with a mindful circle-and-a-quarter and Caryn will be having practice sessions for interested mothers. I was only able to introduce a few ideas in that short time with 9 babies who showed up for the morning.

### **Suckling Challenge**

Another little girl had been suffering from colic since birth. I observed she was holding the sides of her mouth very still and tense when she drank from the bottle. Her Mom has tried several nipples but she has trouble with them all.

I also observed that the depression in the center of her upper lip was much pinker than her lips, and she was restless and distressed the whole time she was drinking. She also made loud slurping sounds and was taking in air because her jaw and tongue were not engaged. Caryn suggested the Mom support her chin and that reduced the slurping sound but she was still not happy.

I did some tiny TTouche around her mouth and cheeks with the side of my forefinger that we call "The Camel" in the TTouch-for-You trainings and she smiled and engaged with me readily. Then I gently worked into her mouth (after washing my hands carefully, of course) in a way that she enjoyed.

I discovered that her tongue was folded backward, and was not engaging the nipple at all and she could not bring it forward. No wonder she was not comfortable trying to get milk and taking in air.

I did several minutes of 2-pressure Raccoon TTouches inside her mouth that she enjoyed and she then attempted to suckle on my finger. She could not suck with her tongue as she should have been but rather was biting down on my finger. This makes drinking frustrating and difficult.

I did tiny TTouches around the inside of her gums, smiling and moving my tongue in as many ways as I could think of, inviting her to mirror my movements and I stuck my tongue out to encourage her to become aware of her own tongue.

I also did 1 ½ pressure Raccoon TTouches up the line of her jaw to the ear and under the sides of her jaws, holding the image of her engaging her tongue and activating the jaw muscles.

In the end she was able to latch onto my finger a little bit with her tongue. I suggested to her Mother approach this in a playful manner - that she smile and open her mouth and stick her tongue out to intrigue her daughter and encourage a little game with this sweet one.

## Some Previous Experiences with Infants

### My Russian Connections:

From 1984 to 1989 I made 10 trips to Russia, in the role of a citizen diplomat with the Esalen Soviet American Exchange Group. I worked with the Russian Olympic Equestrian Team, The Academy of Science. The Moscow Zoo and The Club Healthy Family, a group of more than 100 Russians dedicated to raising consciousness of their members from infants to seniors.

I had the privilege of working with Alia Guravitch each time I was in Moscow. Alia is a remarkable midwife, healer and friend. She showed me a method of relieving colic in babies by laying them over their mother's arm, which Caryn said she also recommends.

Some of my most memorable times were with The Club Healthy Family in Gorky Park teaching TTouch for self-help in 1984; classes for expectant couples in 1985; and teaching TTouch at the Club Healthy Family summer camp on the Black Sea in 1986.

### Retained Placenta

I had the privilege of assisting Alia in an underwater birth in Moscow. The father and their two young children were present at the birth, and there was soft music playing. The birth was an easy underwater birth in the bathtub. However, the mother retained the placenta and could not be taken to a hospital because home birth was illegal.

It's in such a situation that TTouch is so valuable. Python Lifts under the buttocks - in the squatting position in the tub - relaxed the muscles and released the placenta in less than 10 minutes. It may sound strange, but because I have had similar experiences

with mares that retained the placenta I was confident that TTouch would be successful.

## Couples Class for Communication in the Womb

My experience with this particular mother was especially poignant because the parents had attended my class for couples in Gorky Park in the middle of the pregnancy. I taught the husbands to do Python Lifts on the belly's of their wives standing behind them to relieve pressure on the back; and very gentle circle-and-a-quarter Lying Leopard TTouches to communicate with the babes in the womb, using a 2-pressure and 2-tempo.

This was the third child of this couple and the father said he felt an instant recognition from this newborn like he had never experienced before. This was the result of a few minutes of TTouch on his wife's belly before bed in the ensuing months since the workshop.

## Wrapping Up

In review, just a few of the Tellington TTouches were applied:  
For the Infants:

Raccoon, Baby Orangutan, Lying Leopard, Coiled Python, The Heart Hug, Ear TTouch;  
The lightest Tarantulas on the arm to intrigue an infant;

And for the Mothers:

- \*TTouch and Heart Hugs for stress reduction;
- \* The *emWave* (from HeartMath.org ) to practice heart coherence;
- \*Humming or singing to their babies;
- \* Positive Thinking and practice seeing the "cup half full";
- \*The TTouch philosophy of recognizing cellular intelligence and communication.
- \*Sending the message to the cells, "Remember your perfection", combined with a whole lot of love.

My goal: To give health care providers non-drug solutions for their clients and to empower mothers with the gift of TTouch for themselves and their families.

**"The real winners in life are the people who look at every situation with an expectation that they can make it work or make it better."**

**Barbara Pletcher**

**Author**