



Your Child's First Acupuncture Visit

Welcome to Songbird Acupuncture! I look forward to meeting you and working with you and your child. You might be wondering what to tell your child about their initial visit with me. Here are some helpful tips:

TELL YOUR CHILD WHAT THE VISIT IS FOR: If your child is old enough to understand what's happening with their body, let them know they're coming to work on that issue, and that you'll be discussing it with me.

TALK TO THEM ABOUT ACUPUNCTURE: Acupuncture helps the body heal itself. Our bodies are incredibly smart, but sometimes they need a little help to heal. An acupuncturist uses special spots called acupuncture points to begin the healing process.

AVOID WORDS LIKE NEEDLES, PINCH, PRICK, OR POKE: These words may sound scary to your child.

INSTEAD, EXPLAIN THAT THE ACUPUNCTURIST DOES "TAPS": We call acupuncture for kids "taps" because I'll do gentle finger tapping and rubbing to prepare the acupuncture point. The needles are swiftly tapped in and, for most kids under age 8, immediately removed.

LET THEM BRING WHATEVER MAKES THEM FEEL STRONG AND HAPPY! Sometimes bringing a favorite toy, stuffed animal or blanket gives a child comfort if they're feeling scared. Stuffed animals can get taps too! We also have a kid's area in our office filled with toys and books, and children are welcome to receive treatment while playing if they wish.

BABIES CAN STAY IN ARMS! If your child is a baby, there's usually no need for them to be on the treatment table. You're welcome to hold your baby through the entire treatment, although sometimes clothing and body position may need to be adjusted to allow access to the necessary points.

IF YOUR CHILD ISN'T READY FOR NEEDLES, THAT'S OKAY: Sometimes kids don't want to try taps right away. That's no problem! I offer other non-needle techniques, such as acupressure, microcurrent, and laser that have a similar therapeutic effect. Your child will never be forced to do anything against their wishes.

Questions or concerns? Please contact me!