



## Parents Talk about Qigong Sensory Training

### What is it like to participate in the Qigong Sensory Training program?

- ◆ “It’s been fun. It’s a lot easier than I thought it was going to be. When they told us they were going to teach us, I thought, ‘Oh my gosh, I’m never going to learn this!’ But it’s not hard. It really isn’t.”
- ◆ “Honestly, it was a little strange at first. It was something a little different, unconventional, but we wanted to make a difference in our son’s life and we were willing to try anything. And we are very glad that we did. It has just made a huge difference and meant a lot to us.”
- ◆ “I had some doubts at first. It was a long drive, and of course, a non-traditional approach. It wasn’t until about a month in that he became potty trained and the night terrors went away.”
- ◆ “It was really nice. It’s nice to have someone to talk to – good and bad, being able to share how our days are going and things that are a problem. It’s really good to have someone that listens and tries to help.”

### Is it hard to do the massage at home every day?

- ◆ “One thing is that it relaxes them. It starts a whole routine for the evening and they know it. It’s relaxing and it’s a way for them and me to bond too, especially if it’s been busy during the day and we haven’t had much time.”
- ◆ “The massage is a fun thing for mommy and son to do together every night... to just relax together. We both enjoyed it. It was really fun.”
- ◆ “At first it was hard trying to figure out the time of day we were going to do the

massage and just to make sure that one of us didn’t forget to do it. Once we picked out a time of day to do it, then there was no missing it.”

### How did your child(ren) respond to the qigong massage?

Different children had different experiences, of course. Some gained in language or motor skills. Others started sleeping better and had fewer tantrums or were less aggressive with others. Some experienced better bowel control and began to be potty trained. Some started to play more creatively and imaginatively with toys and other children. Your child will have his or her own unique experience. However, many families talked about three kinds of changes that a large number of the children experienced, including: (1) Being calmer; (2) “Connecting” with others more; and (3) Being “clearer.”

- ◆ “It’s made a different connection between him, me, and his father. Before he had a kind of broken connection with his father and it’s just a lot better now. He can communicate with him.”
- ◆ “Overall, he is calmer and more focused. His teachers are describing him as not really having a fog around him and I see that too.”
- ◆ “The biggie is that something has cleared for her. I don’t know what the right word is, but some fog has lifted so that she’s able to focus better on what’s going on in her environment.”
- ◆ “I think it helped to integrate him as a whole human being rather than as a scattered collection of organs that aren’t working together very well.”