

**ONLINE ONE-2- ONE CHILDRENS
BUTEYKO COURSE - 2019**

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On this Buteyko breathing retraining course, you learn the theory and your child learns specific exercises/strategies to normalise their breathing, thereby reducing symptoms of asthma, hay-fever, sleep disorders, etc. The individually tailored programme gives you the ability to work with your child to gain an enhanced quality of life from Day 1. Practised regularly, with commitment, this programme will produce significant reduction in their symptoms, medication use and improvements in quality of life.

Session 1 - Week 1

- following receipt of CHVS test and Registration form
- individual assessment and brief overview of the Buteyko Method
- Introduction to the development of Dr Buteyko's Method, clinical trials, benefits.
- check your child's health using the breath-hold exercise (Control Pause)
- the importance of, and how to maintain, 24 hour nasal breathing
- recognising early signs of over-breathing/or an asthma attack – the Buteyko way to deal with it
- homework is given to carry out during the week

Session 2 - Week 2

- you receive a workbook to record your child's results to monitor progress
- observe the breathing pattern, the effect on the breathing of nasal breathing and correct posture
- learn and practise the Steps exercise and Quiet Breathing
- overview of medication and how to use minimum for maximum effect. .
- how to integrate Buteyko into daily life, school, sports, etc.
- homework is given to carry out during the week

Session 3 - Week 3

- feedback and review of homework
- you learn the Mouse Breathing and Extended Pause exercises
- what is stress? - how to recognise it - the 'fight or flight' response
- the difference between normal breathing and Chronic Hidden Hyperventilation, disorders CHVS produces - how Buteyko reduces your child's symptoms
- homework is given to carry out during the week

Session 4 - Week 4

- feedback – we check your results to make sure you are getting results
- the effects of food, drink, and triggers such as allergens and stressful events on the body. What to avoid and how to manage the response.
- how to speak proper!the Buteyko way
- how to integrate changed habits into your and your child's routine
- we summarise the course and you receive a personalised future programme

CONGRATULATIONS ! You should know what you are doing now and continue with the exercises and strategies as long as you need to. However - you don't have to go it alone – we are still here for you to contact at any time for inspiration and encouragement. You are also welcome to bring your child to any future weekend workshops. We hope to hear about your progress and to see you again soon.