

Let's Talk About...

Acupuncture for Children

What is pediatric acupuncture?

Pediatric acupuncture is a specialized approach to acupuncture. It involves the insertion of hair-fine needles under the skin, or other similar methods, for children between the ages of 1 month to 18 years old. The main goal of all acupuncture is to balance, regulate or strengthen a patient's energy, which is called "Qi". We offer two types of acupuncture. Both styles promote a child's body to heal naturally and improve function.

- **Shoni-shin:** This is a Japanese type of acupuncture with no needles that is painless. Trained practitioners use small metal shoni-shin tools to scratch, tap or brush on the child's skin over acupuncture pathways. This treatment gently relaxes and simulates the child's body back into balance. Shoni-shin was developed in Japan and is still a main method for pediatric healthcare there.
- **Acupoint Stimulation:** This type can include the following:
 - **Acupressure:** touching or massaging specific acupoints on the child's skin
 - **Acupuncture:** Inserting very thin (as thin as a hair), sterile, single-use needles into the skin at specific acupoints on the body. Sometimes, small bandages with tiny stimulating points are used. These are called "acu-tacks".

What can pediatric acupuncture treat?

Pediatric Acupuncture can be useful in the following conditions:

- Allergies
- Anxiety

- Asthma
- Bed wetting
- Cold and flu symptoms
- Colic
- Constipation
- Cough
- Cancer symptom relief (nausea and fatigue)
- Diarrhea
- Ear infections
- Eczema
- Emotional outbursts
- Headaches
- Muscle weakness and fatigue
- Pain of all kinds
- Poor sleeping patterns
- Seizures and epilepsy
- Stomach aches

Does pediatric acupuncture hurt?

Most children do not think the treatments are painful. Most children say Shoni-shin feels like light tickling. Most children say acupuncture feels like a small mosquito bite....if they feel it at all.

Is pediatric acupuncture safe?

Yes, pediatric acupuncture is safe. For children with low immune function or blood cell problems we may make adjustments to the type and timing of treatments.