



TCM Treatment for Children and Youth (SF17ALHW341)

Medium: **English**

Course Fee: **S\$150**

Duration: **10 hours**



TCM treatment for children and youth issues has been around for thousands of years; especially the approach of TCM Paediatric Massage technique is safe, painless and free of side effect. Regardless of their natural constitutions, children will be unwell and/or parents will show concern on their development. The clinical presentation of such issues for Children and youth are much different from that of adults. **TCM Paediatric Massage technique is especially suitable for TCM For Children & Youth between the ages from 1 to 10 years of age.**

The participants will be introduced to the physiological characteristics of the infant and children, the common illness associated with them, the methods of diagnosis, treatment and prevention in TCM, particularly utilizing common Chinese herbal diet, TCM Paediatric Massage



The course **TCM for Children and Youth** was design to share with the participants the alternative approaches from TCM in addressing Children and Youth's Health issues, drawing from rich reference in the classical medical literature as well as clinical cases experience of the trainer.

Module	Theme	Learning Outcome – you will...
1	A Unique you (2.5 hrs)	<ol style="list-style-type: none"> 1. Know how the life begin from the TCM view 2. Know causes of the health issues in Children and Youth 3. know the TCM approaches in managing the issues
2	The TCM Paediatric Massage (2.5 hrs)	<ol style="list-style-type: none"> 1. Know the 8 TCM Paediatric Massage Techniques and 2. Learn the 32 Special Acupoints of babies and children 3. Know the do's and don'ts when administering TCM Pediatric Massage <p>(Children are welcome during the class for Hands-on practices)</p>
3	The Growing up years (2.5 hrs)	<ol style="list-style-type: none"> 1. Know what happen within when you grow 2. Know the causes of different common illness syndromes 3. Learn the common herbal diet and massage techniques to address the syndromes
4	A Healthier you (2.5 hrs)	<ol style="list-style-type: none"> 1. Know common approaches to improve the immune systems of the children 2. Learn the common herbal diet and massage techniques to improve children's immune systems 3. Bonding with the children



Trainer: Dr Clement Ng Shin Kiat 黄欣杰博士

Registered Traditional Chinese medicine (TCM) practitioner
 PhD in Medicine (TCM) from Nanjing University of Chinese Medicine
 Former Vice Principal of Singapore College of TCM.
 Council Member for Singapore Chinese Physicians' Association,
 Council Member for Singapore Acupuncture Association
 Chairman – Technical Committee on Complementary Medicine and Health Product
 Executive Council Member – WFCMS –Committee for Mediated Diet & Dietotherapy
 Committee Member for ISO/TC 249 (TCM).
 ACTA Certified



儿童与青少年中医养生保健

授课语言：中文

TCM Treatment for Children and Youth

收费：S\$175

学时：10 小时



中医在治疗儿童青少年健康问题已经有数千年的历史，特别是广为人知的中医小儿推拿技术的疗效是安全，无痛，且无副作用。儿童及青少年在生长发育的过程中，不管他们的自然体质如何，多多少少都会出现一些受家长所关注的健康问题。从中医辨证角度，儿童和青少年的健康问题在临床表现上与成年人有很大的不同，如中医小儿推拿技术特别适用于1至10

岁之间的年龄的为儿童及青少年。

在课程中，学员将会学习了解婴儿，儿童和青少年的生理发育特征，与之相关的常见疾病，中医的诊断，治疗及预防方法，特别是如何利用简单中草药及日常饮食及中医小儿按摩的方法。

《儿童与青少年中医养生保健》课程旨在通过参考、借鉴古典中医学文献的资料以及培训师的丰富临床案例经验，为学员分享中医药在解决儿童和青少年健康问题的一些方法，为他们提供另一个保健思路。



单元	主题	学习目的，您将会
1	特别的您 (2.5 小时)	<ol style="list-style-type: none"> 1. 从中医观点了解生命如何开始 2. 了解影响儿童和青少年健康问题的原因 3. 了解中医药在治疗这些问题的方法
2	中医小儿推拿 (2.5 小时)	<ol style="list-style-type: none"> 1. 了解8个中医小儿推拿的手法 2. 学习32个小儿推拿的特殊穴位 3. 了解中医小儿按摩的误区 <p>(欢迎小儿参与一起学习)</p>
3	在发育的您 (2.5 小时)	<ol style="list-style-type: none"> 1. 知道在成长之过程中的一些问题 2. 了解不同常见的疾病辨证 3. 明白如何通过中草药饮食和按摩技术来解决这些疾病
4	健康的您 (2.5 小时)	<ol style="list-style-type: none"> 1. 了解改善增强儿童免疫系统的方法 2. 学习通过中草药饮食和按摩技术来提高免疫力 3. 如何促进亲子关系



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