

Baby Massage

Massage has wonderful benefits for your baby!

- Bonding and nonverbal communication
- Relaxation, pain relief, and readiness for sleep
- Aids digestion, relieves gas and constipation
- Increased body awareness with sensory input to the skin, muscles, and joints to get ready to move
- Improved circulation
- Increased muscle flexibility

Tips

Try these ideas, and find out what your baby enjoys.

- You can use lotion, a taste-safe oil (such as coconut or olive oil) directly on baby's skin after bathtime, or anytime with clothes on
- Wait 30 minutes after feeding before tummy massage
- Lay baby on a soft, firm surface in a room that is comfortably warm
- Use faster, lighter strokes to increase alertness or get baby ready to move
- Use slower, deeper strokes for relaxation

With Baby Tummy Down

1. Apply gentle pressure with long, smooth strokes starting at head down to the hips
2. With your hands wrapped around the trunk, thumbs on top, use thumbs to make outward going horizontal strokes or circles from the upper to lower back.
3. With one hand on the back, use the other hand to apply an outward stroke from the shoulders to hands.
4. With one hand on the back, use the other hand to apply a downward stroke from the hip to the foot.

With Baby Face Up

1. Using both hands, make small circles around the head and jaw.
2. With pads of fingers or with hands wrapped around the trunk, use thumbs to stroke from midline outwards from chest to tummy
3. Arms
 - Move arms up and down, in and out
 - Bend and straighten elbows
 - Use your thumbs to massage baby's palm and fingers
4. Legs
 - Bend and straighten hips, knees, and ankles
 - Use your thumbs to massage the soles of baby's feet



Digestion, gas and constipation relief

1. Baby lies face up
2. Make clockwise circles on tummy with pads of fingers
3. With hands horizontal, use pinky side of hands to stroke downwards on tummy
4. With hands wrapped around the trunk, thumbs at midline, stroke thumbs outwards
5. Bend knees to chest and straighten
6. With hips and knees bent together to 90 degrees, bring knees side to side
7. Bicycle legs