



INFANT MASSAGE TECHNIQUES

Place the massage oil in the hands and rub vigorously - this warms the liquid

Start with your baby's legs.....

Nurse the foot with one hand and gently "milk" the leg from ankle to thigh with the other.

Next, holding the foot with both hands, use a gentle squeezing and twisting action, moving upwards from foot to thigh.

To finish, stroke from foot to the top of the thigh. Repeat all techniques on the opposite leg.

Next, move onto the tummy.....

Using both hands, palms flat, in a hand-over-hand clockwise circular motion, from left to right.

To relieve a bloated stomach, using your fingertips 'walk' in a clockwise circular motion around the belly.

To massage the chest, glide both hands outwards from the centre of the ribcage up to the shoulders and back again

'Bicycling' the legs after this massage can also relieve pain. Always stop if a child becomes distressed or uncomfortable.

For the arms and hands.....

Nurse the babies hand with one hand and gently "milk" the arm from wrist to shoulder with the opposite hand.

Next, holding the babies arm with both your hands, use a gentle squeezing and twisting action, moving upwards from wrist to shoulder.

To finish, stroke from wrist to the top of the shoulder. Repeat all techniques on the opposite arm.

Finally, the back...

Gently turn your baby onto his/her tummy for the back massage.

With your finger tips, gently massage little circles all over the back.

Lastly, use the waterfall stroke, which is palm of hand over hand moving from neck to feet continuously and slowly.

At the end of this beautiful massage, it is lovely to give your baby a cuddle.

Giving a massage before bed is a great part of your bedtime routine, helping your baby to relax and settle for bed.