

BABY MASSAGE

- ❖ *Always start with a calm baby! If they're unhappy, stop and try again later.*
- ❖ *Always ask your baby if it's ok to massage them.*
- ❖ *Remember to make lots of eye contact and talk and sing to your baby while you're massaging them!*
- ❖ *Baby massage increases oxytocin in you and your baby, helping you both to feel calm and relaxed.*
- ❖ *Begin by rubbing the oil into your hands by your baby's head so they hear that swishing sound.*
- ❖ *Repeat each stroke at least four times.*
- ❖ *Keep your hands well-oiled during the massage.*
- ❖ *Your baby doesn't have to be naked for the whole massage but it's a nice opportunity to give them some nappy-free time (remember a towel or waterproof pad!)*

Feet and toes

- ❖ Top of foot: draw two circles next to each other with your thumbs
- ❖ Top of foot: stroke with one thumb then the other from toes to ankle
- ❖ Wiggle each toe in turn from big to little and back again (*This Little Piggy!*)
- ❖ Sole of foot: use your thumbs to stroke across the middle third of the foot, one way then the other
- ❖ Stroke your thumbs upwards from your baby's heel to their toes
- ❖ Presses: gently press your thumb all over the sole of your baby's foot
- ❖ Gently rotate your baby's ankle, supporting the lower leg with your other hand

Legs (*you can remove the nappy now if you haven't already*)

- ❖ Lower leg: curl one hand then the other around the lower half of your baby's leg
- ❖ Upper leg: curl one hand then the other around the upper half of your baby's leg, getting the oil into all the creases
- ❖ Whole leg: massage down from thighs to feet using the curling motion
- ❖ Roll: using both hands roll your baby's leg between your palms from thighs to ankles
- ❖ **REPEAT ON OTHER LEG!**
- ❖ Shake both your baby's legs gently
- ❖ Squeeze legs from thighs down to ankles and back again (sausaging!)
- ❖ Bicycle both legs (if your baby has had their 6-week check and no issues with hips)

Tummy *(very gentle pressure)*

- ❖ Rest your hands on your baby's tummy
- ❖ Paddling: stroke downwards underneath your baby's tummy button with your fingers - one hand then the other
- ❖ Circle: with two fingers draw a circle around your baby's tummy button in a clockwise direction
- ❖ Raindrops: pitter patter with your fingertips downwards from under the tummy button
- ❖ Rainbow: draw a rainbow over the tummy button from your left to your right

Back & bottom *(a great opportunity for tummy time, lying on the mat or across your lap!)*

- ❖ Rest your hands on your baby's back
- ❖ Stroke one hand then the other down the back on either side of the spine continuing down legs to toes
- ❖ With your hands perpendicular to your baby's spine, stroke one hand then the other down the back
- ❖ Circles: draw circles all over your baby's back (avoiding the spine)
- ❖ Use the palm of your hand to massage one buttock in a circular motion
- ❖ Repeat on the other side
- ❖ Massage both sides incorporating the base of the back

Chest

- ❖ Rest your hands on your baby's chest
- ❖ Heart: with your hands together in the middle of the chest, stroke up and out to the shoulders then back down in a heart shape
- ❖ Criss-crossing: with your right hand on your baby's right shoulder, sweep diagonally down & across the chest, repeat with your left hand
- ❖ Sweep both hands from your baby's shoulders, down their chest and legs, all the way to their feet

Arms

- ❖ Curl one hand then the other around your baby's arm from shoulder to wrist
- ❖ Pit stop! Raise your baby's arm and massage the armpit stroking downwards
- ❖ Roll: using both hands roll your baby's arm between your palms from shoulder to wrist

Hands

- ❖ Palm circles: draw circles on your baby's palms using your thumb
- ❖ Finger rolls: roll each of your baby's fingers between your thumb and index finger
- ❖ Top of hand: stroke from wrist to fingers with your thumbs

Head and face *(don't use oil for this part)*

- ❖ Place both hands so your fingers join in the centre of the forehead and stroke out to the sides and down your baby's face to meet at the chin
- ❖ Stroke your thumbs over your baby's eyebrows from the centre outwards
- ❖ Stroke your thumbs from the bridge of the nose across the cheek bones to the temple
- ❖ Stroke from either side of the nose across the cheeks to the ears
- ❖ Using your fingers, stroke from behind the ears and round under your baby's chin
- ❖ Using the palm of your hand in a circular motion, massage the back of your baby's head, moving to the front and then circling the whole of your baby's head