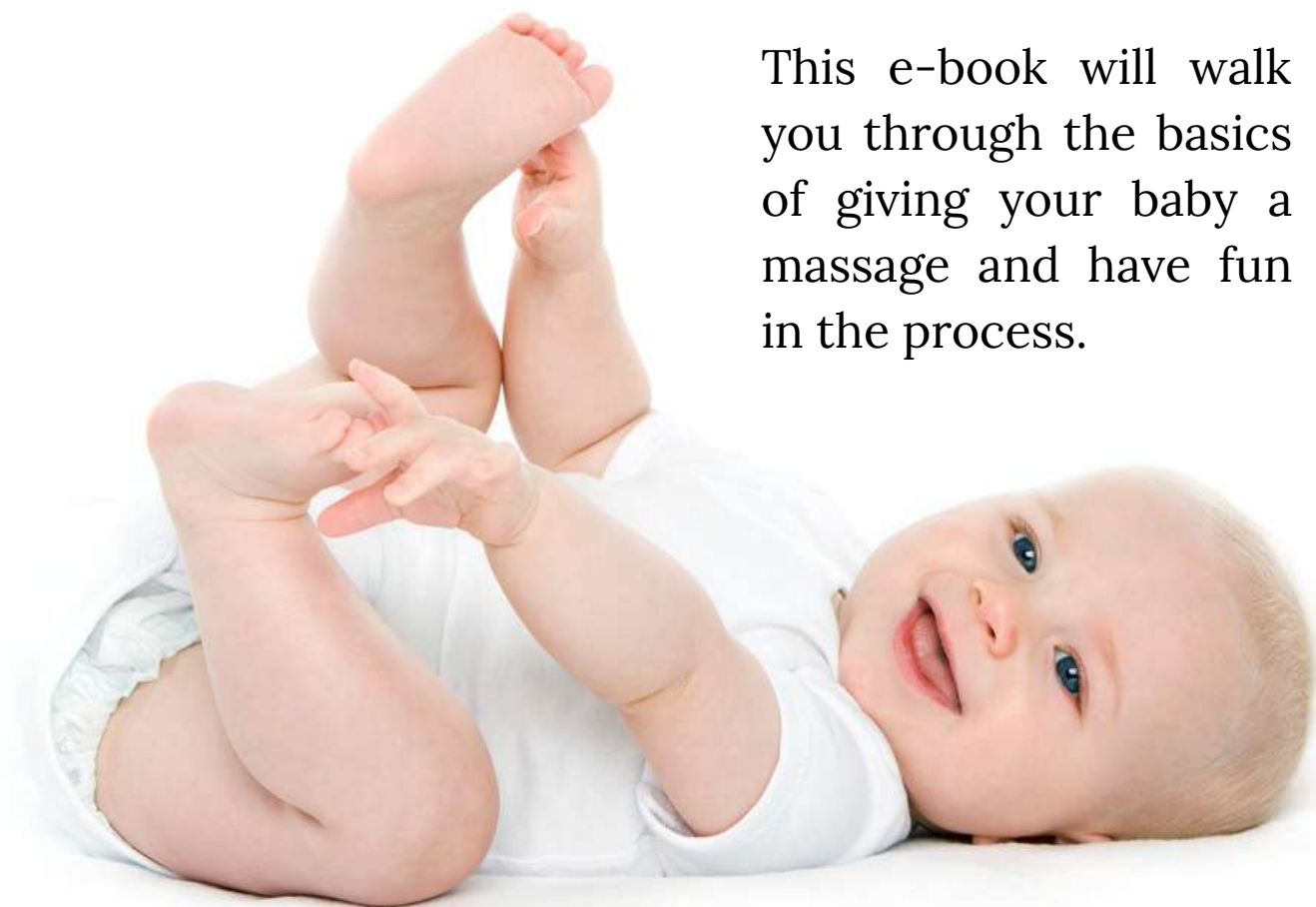


Baby Massage Guide

*Tips on giving your baby
the perfect massage*

Once your baby has finally arrived, you will want every minute you can spare to bond with them and watch them grow. Baby and infant massage can be a healthy practice for you and for your little one to spend quality time together and de-stress. Baby massage also helps with constipation, gas, colic, and sleep. Baby foot, tummy, face, legs massages all benefit them as they grow. It helps them to know they are loved and cared for.

This e-book will walk you through the basics of giving your baby a massage and have fun in the process.



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Why Massage?

- Massage time for your baby allows you to focus on each other without being distracted. This will help to develop bonds and let the baby know they are loved.
- This time will help you to relax and take a break from your stressful schedule.
- Massaging releases endorphins and other hormones that makes the baby feel good. It also helps with reducing pain and releasing any knots in the body.
- It will help with their sense of understanding of their own bodies and aid cognitive development.
- It supports the maturation of the nervous system and stimulates better communication between the brain and the body.
- It promotes better blood circulation around the body and generating a better immune system.
- Some babies are very relaxed with their bodies while others hold themselves more tensely. Massaging can help both to get to a better and balanced body state that is neither too relaxed nor too tense.

- Babies may hold tension or stress in their bodies, especially if they have gone through a difficult birth or invasive surgery. Familial connections and separation from primary caregivers can also make them tense. Informed and sensitive massage will help their bodies to feel safer and relax. This will allow building of trust and a sense of peace to become more familiar to them.
- It will help them learn how to release stress by themselves and attend to their bodies and skin later on.
- Massaging helps in creating a sense of calm and aids in having a peaceful sleep.
- Massage from an early age will help babies to become familiar with safe touch. This will enable them to recognize unsafe touch from an early age.



How to Prepare for a Massage



- Lying on the floor or on a comfortable surface away from glaring lights is always best. A soft rug or changing mat can also be used.
- Keep away your phone and don't be distracted by any gadgets,
- Put on calming music if it makes you both feel better.
- You can give your baby a warm bath right before massaging for making them feel more relaxed and calm.
- Sit with your legs on either side of them and draw them close so that it is easier to reach them and maintain eye contact.
- Wear comfortable and light clothing. Wear minimal or no jewelry so that they won't scratch the baby's skin.
- Do not have long fingernails since it could graze the delicate skin of the baby and cause hurt.
- Make it a ritual to ask them if they would like a massage as this will help them feel seen and involved. Let them watch you taking time to open the bottles and apply the lotions.

If your baby has special medical concerns or needs, take your doctor's advice and act accordingly under all circumstances.



Massaging the legs and feet

- Apply pressure to the soles of your baby's foot with your thumb.
- Do the same in repetitive motions on the other side of the foot, i.e. the upper side of the foot.
- Pull the leg while holding it with one hand and holding the thigh with the other hand.
- Place your hands on either side of a leg and "roll" up and down.

Chest

- Place both your hands on the baby's chest and apply gentle pressure as you move out to the armpits. Repeat the motion and pay attention to whether any of your actions seem to discomfit the baby.



Abdomen

- Apply gentle pressure in circles around the abdomen with your fingers. Don't move into the chest area or the rib area. This might help with constipation or colic as well.
- Pause with your hands placed on their tummy and let it rest there.
- Loosen up their knees and move them to the abdomen and back.

Arms

- Do the rolling motion repeatedly by placing your hands on either side of an arm and going up and down.
- Hold the end of their arm with one hand and the upper arm with the other hand. Pull the lower end near the wrist gently. This will help loosen up the arm.



Face

- Massage their forehead and sides of their face gently.
- Gently apply pressure on their cheeks and do circles on the spot. Do this for their temples and behind the ears as well. Take care to apply very little pressure.
- Place your heads gently over the face and smooth it out towards the sides.



Back

- Turn the baby over and slowly apply pressure at the crown of their head. Begin there and work your way down, applying little pressure and spending time to 'smooth over' as you go down. Rest your hands on their back and do not hurry the massage.



Speak out loud the names of their body parts as you do your massage and give words of affirmation. This will help them identify their legs, hands, and other body parts. It will encourage them to appreciate and care for their bodies better as they grow up.



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ebook useful and fun!

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