

BABY MASSAGE

ARMS AND HANDS – PLEASE WATCH ACCOMPANYING VIDEO

ASK BABY FOR PERMISSION AND WATCH FOR YES/NO RESPONSE

1. ARM PIT

Hold arm overhead of baby, gently holding onto wrist for support. Stroke armpit with fingers in a downward motion. Repeat several times.

2. MILKING

With one hand support the wrist. Make 'C' shape with other hand, use this hand and stroke from shoulder to wrist. Repeat several times.

3. HUG AND GLIDE

Place both hands around top of arm. Gently hug/squeeze. Glide hands down arm and gently hug as you go towards wrist. Move hands to top of arm and repeat.

4. FINGER ROLL

Gently roll each finger in turn using your thumb and index finger. With the hand that's holding your baby's hand stroke palm using your thumb. Repeat several times.

5. TOP OF HAND

Move your hand to top of baby's hand. Stroke from wrist to fingers. Repeat several times.

6. CIRCLES AROUND WRIST

Make small circles all around the wrist. Use either fingers or thumbs, supporting arm as you go.

7. MILKING

With one hand support the arm. Make 'C' shape with other hand, use this hand and stroke from wrist back to shoulder. Repeat several times.

8. ROLLING

Roll the arm between both hands, from shoulder to wrist.

REPEAT ON OTHER ARM