

BABY MASSAGE

RELIEF OF COLIC/GAS – PLEASE WATCH ACCOMPANYING VIDEO

ASK BABY FOR PERMISSION AND WATCH FOR YES/NO RESPONSE

This routine can be used separately from the Baby Massage strokes.

These strokes can be used when baby has tummy pain, gas, constipation or colic.

Repeat these strokes 2 – 3 times a day, for at least 2 weeks.

1. RESTING HANDS

Place hands on baby's stomach. Relax and breathe deeply.

2. WATER WHEEL

With flat of hand (from below ribcage) stroke stomach in a downwards motion, continue with alternating hands. Count 6 times with each hand.

3. KNEES UP

Hold each leg and bring knees together up to stomach. Press and hold for a slow count of 6. If legs are too stiff, gently bounce them and try again.

4. SUN AND MOON

With right hand stroke from a 10 o'clock position to 5 o'clock, this is the moon stroke. With left hand make a full circle underneath (clockwise), this is the sun stroke. Do both strokes at the same time. Count 6 times.

5. KNEES UP

Hold each leg and bring knees together up to stomach. Press and hold for a slow count of 6. If legs are too stiff, gently bounce them and try again.