

BABY MASSAGE

LEGS AND FEET – PLEASE WATCH ACCOMPANYING VIDEO

1. MILKING

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

2. HUG AND GLIDE

Place both hands around top of leg. Gently hug/squeeze. Glide hands down leg and gently hug. Move hands to top of leg and repeat.

3. THUMB OVER THUMB – on sole of foot

Supporting the leg, move thumb from heel to toes. Repeat with each thumb several times.

4. TOE ROLL

Gently roll each toe in turn using your thumb and index finger. Repeat several times.

5. BALLS OF FOOT

Place thumb under heel and index finger under the toes. Gently squeeze index finger several times. Then move finger about halfway down foot and gentle squeeze several more times.

6. THUMB PRESS

On sole of foot, press both thumbs up and down. Repeat several times.

7. TOP OF FOOT

Move thumbs to top of foot. Stroke thumbs from toes to ankle. Repeat several times.

8. CIRCLES AROUND ANKLE

Make small circles around the ankle. Use either finger or thumbs, supporting leg as you go.

9. MILKING

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

10. ROLLING

Roll the leg between both hands, from thigh to ankle.

REPEAT ON OTHER LEG – ONCE BOTH LEGS HAVE BEEN MASSAGED THERE IS ONE MORE STROKE TO DO.

11. BOTTOM RELAX

Check nappy (if baby is wearing one). Place two fingers on each cheek and make circular movements.