

# BABY MASSAGE

## FACE – PLEASE WATCH ACCOMPANYING VIDEO

**PLEASE NOTE** – DO NOT USE ANY OILS ON THE FACE AREA

The face has a natural covering of oil, so additional oils are not needed. Please also be mindful of any jewellery and long nails near baby's face.

### ASK BABY FOR PERMISSION AND WATCH FOR YES/NO RESPONSE

1. FOREHEAD

Cradle head with hands either side. Stroke forehead either using fingers or thumbs. Stroke from middle to outer edge. Repeat several times.

2. RELAX EYES

Using thumbs, stroke eyebrows from middle to outer edge. Repeat several times.

3. BRIDGE OF NOSE & CHEEKBONE

Place thumbs either side of nose and stroke towards bridge, then under eye following cheekbone. Repeat several times.

4. SMILE

Using thumbs stroke above top lip, then below bottom lip. Repeat several times.

5. JAW CIRCLES

Make small circles using fingers along jaw line between ears and chin. Repeat several times.

6. EARS AND CHIN

Stroke behind ear, along jaw line and under chin. Repeat several times.

Strokes 4, 5 and 6 are helpful if baby is teething as these strokes help to massage the gum area.