

BABY MASSAGE

STOMACH & CHEST – PLEASE WATCH ACCOMPANYING VIDEO

ASK BABY FOR PERMISSION AND WATCH FOR YES/NO RESPONSE

1. WATER WHEEL

Part one – With flat of hand (from below ribcage) stroke stomach in a downwards motion, continue with alternating hands. Repeat several times.

Part two – Continue with one hand and with other hand lift legs, supported at ankles. Repeat several times.

2. THUMBS TO SIDE

Place thumbs together (by belly button) fingers gently holding either side. Push thumbs out to sides, bring back to middle and repeat.

3. 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. Repeat several times.

4. I LOVE YOU

With right hand, stroke in a downwards motion 'I'. Next do an upside down 'L' stroke 'love' (looks like a number 7) then an upside down 'u' stroke 'you' (looks like an 'n'). Repeat.

5. WALKING TO SIDE

With your fingers walk across stomach from left to right. Repeat.

CHEST

1. BUTTERFLY

Place hands on baby's hips. With one hand stroke from hip to opposite shoulder and back. Repeat with other hand, alternating each time. Repeat.

2. RIBCAGE

Place both hands on top of ribcage. Stroke across from under chin, following collar bone towards shoulders, down sides of chest and across to middle (sternum) and back up to under chin (tracing ribcage).