

# BABY MASSAGE

## ABBREVIATED MESSAGE – PLEASE WATCH ACCOMPANYING VIDEO

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

This routine allows you to give your baby a quick rub down when time is limited. It will only take a few minutes but will still provide the benefits of communication and relaxation you and your baby need.

1. HEAD

Cup head in hands, if baby likes, make circles around head.

2. FOREHEAD

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

3. JAW CIRCLES

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

4. 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).

5. ROLLING

Roll both arms between hands, from shoulder to wrist.

6. 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.

OR .....I LOVE YOU

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

7. ROLLING

Roll both legs between hands, from thigh to ankle.

8. THUMB PRESS

On the soles of feet, press both thumbs up and down.

9. BACK AND FORTH

Place both hands on back, move backwards and forwards as well as moving up and down (from neck to bottom and back again).

10. COMBING

Using fingers, stroke from neck to bottom. Repeat several times, reducing your touch each time.