

BABY MASSAGE

BACK – PLEASE WATCH ACCOMPANYING VIDEO

ASK BABY FOR PERMISSION AND WATCH FOR YES/NO RESPONSE

Lie baby on tummy either on floor or over your knees, sideways to you

1. 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). Repeat several times.

2. SWEEP FROM NECK TO BOTTOM

Hold one hand on bottom, other hand stroke from neck to bottom. Repeat several times.

3. SWEEP FROM NECK TO FEET

Hold legs together by ankles, other hand stroke from neck to feet. Repeat several times.

4. SMALL CIRCLES

Make small circles all over the back area, using one or two hands. Repeat several times.

5. COMBING

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