

Giving your baby a massage

Your baby loves to feel your gentle touch. Here are some simple guidelines and tips to help you get started.

General guidelines

It's generally considered safe to gently massage babies at any age, even newborns. However, don't massage your baby if he's ill, has had recent Immunization, or has any cuts or skin abrasions. When in doubt, ask your paediatrician

Massage your little one when he's awake, content, and relaxed. Be sure to wait until at least an hour after your infant has fed

Place your baby on a soft flat surface such as a blanket or a pillow

Before you begin, talk or sing soothingly to your baby and smile at him. This will help stimulate his senses and make him feel more comfortable. Take your time

Allow your baby to move to different positions if he chooses to

Apply a little bit of non-scented baby oil to your hands. Always use very light pressure while massaging your baby

Head

Softly touch your baby's forehead and temples

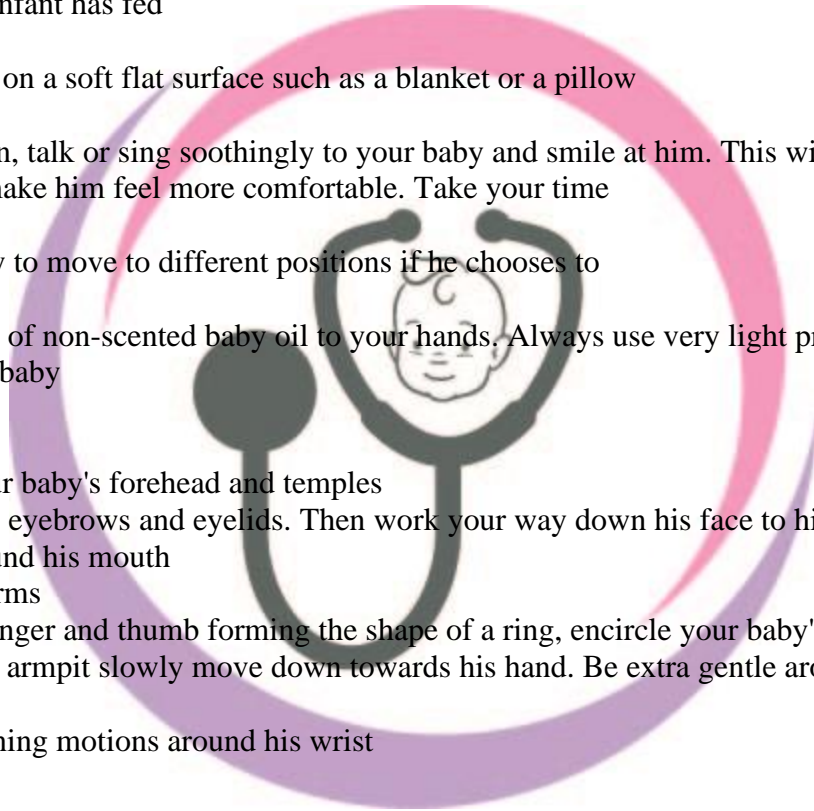
Gently touch his eyebrows and eyelids. Then work your way down his face to his nose, ears, cheeks, and around his mouth

Shoulders and arms

With your forefinger and thumb forming the shape of a ring, encircle your baby's arm

Beginning at his armpit slowly move down towards his hand. Be extra gentle around his sensitive elbows

Make gentle turning motions around his wrist



Back

Turn your baby around so he's lying on his tummy

Softly stroke your baby's shoulders and back in circular motions with your fingertips



Use your fingers in a circular motion on your baby's buttocks. Massage one at a time while gently holding the opposite ankle to keep him steady

Move your hands on his back in one direction only, towards his feet

Legs and feet

Press gently on your baby's thighs

Gently move his legs and knees, and press his thighs carefully against his body

For his feet, begin with his toes. Place very delicate pressure on each toe

Press gently and with a circular motion on his heels

When you're done massaging your baby's feet, start again from his head

Tummy

Using only light pressure, make clockwise circles with your palms over your baby's tummy

This is intended as general information that should not be used as a substitute for the medical care and advice of your physician.

