

Massage Techniques

Touch is the most intimate and loving way of showing, and is the best means for parent and child to form stronger bonds. By massaging your baby it shows how much you care for him that sometimes words can't even express.

Smile

With the thumbs, make a smile first on her upper lip, then the lower lip. Gently press your fingers across her forehead and, with circular strokes, continue over her temples, the hinges of her jaw, behind her ears and rest of her scalp.

Back and Forth

Start with both your hands together at the top of her back, at right angle to the spine. Move your hands back and forth, in opposite directions, going down her back to the buttocks, then up her shoulders and back down once again.

Rolling

Roll your baby's arm or leg between your hand from elbow or knee to the wrist or ankle.

Milking

Stroke one leg or arm of your baby as if you were milking a cow. "Milk" her leg or arm with both your hands, one following the other. Touch her hand and foot using thumb over the thumb motion covering her entire hand or sole. Squeeze each finger or toe and finish with a soothing pull.

Squeeze and Twist

With both your hands wrapped around your baby's arm or leg, squeeze and twist gently with a wringing motion from her shoulder or hip to the hand or foot.

Butterfly

Both your hands should be at your baby's sides, at the bottom of her rib cage. Place your right hand over your baby left shoulder and move down diagonally across her chest. Now do the same with your left hand over your baby's right shoulder.

Sun and Moon

Make an upside down half moon with your right hand going from your left to the right. Make a full circle moving clockwise with your left hand. While your left hand is above, your right hand is below and follows the clockwise circular movement of your left hand.

I Love You

The letter "I" - Make a single "I"-shaped stroke with your right hand on baby's left belly (your right).

The letter "L" - Make a backward sideways "L" going from your left to right.

The letter "U" - Make an upside down "U", going from your left to right. As you go through this series of motion, say "I love you" in a warm, cooing voice.

