

Baby massage



Good for baby and a great way to bond! What is baby massage?

Baby massage is a gentle rhythmic stroking of your baby's body with your hands, using lotion or oil. You can gently manipulate your baby's ankles, wrists and fingers and stroke baby's stomach, back and thighs.

The Benefits:

- A gentle loving massage can soothe your baby and encourage a good night's sleep
- It can also improve weight gain, help digestion, improve circulation and ease colic or teething pain
- It's even been proven to help new-borns recover from jaundice quicker and reduce crying and niggling.

- Try to find a time when baby is awake but settled
- Good times are between feeds when baby is not too hungry or too full, after bath and before bedtime feed
- It's best not to start just before putting baby down for a nap.



Best Time?

How do I massage my baby?

Let's get you started:



Tips:

- Make sure the room is warm and comfortable
- Remove distractions such as pets, turn off your cell phone and TV
- Play some soft music to help soothe baby
- Have some towels or cloths handy to mop up any accidents
- Have your nappy changing kit and clothes ready to dress your baby in afterwards.
- Aqueous cream is not suitable for baby massage; it can contain a detergent which may irritate baby's sensitive skin during massage
- Baby will tell you when the massage needs to end and which strokes they like or dislike. If your baby starts to cry during the massage, it's time to stop.

- 1 Place baby on a towel or folded sheet on top of a changing mat.
- 2 Warm a little oil or cream in your hands by rubbing it between your palms.
- 3 Very gently rub it into your baby's skin, starting with baby's legs.
- 4 Work your way up baby's legs, lightly squeezing baby's calves and thighs.
- 5 For the chest and tummy, gently place both hands flat against the centre of baby's body. Spread your hands to the sides, as if flattening the pages of a book.
- 6 With your hands still flat, use your fingertips to stroke outward in small circles.

Enjoy this special time together!

Cuddlers®

Caring for Baby, Caring for You