

BACK

Roll baby onto tummy, bring elbows forward to allow baby to rest on forearms or arms & hands

- ♦ Stroke firmly, hand over hand from head & neck downwards
- ♦ **If baby lifting up**, place hands on front of chest over shoulders & pull well oiled hands over shoulders & down the arms taking the hands to the hips, release & very quickly—repeat before the baby can move hands forward.
- ♦ Cup hands & give light percussion all around back of chest, up & down spine
- ♦ With palm of hands massage clockwise direction over lower back to reduce any low back pressure.
- ♦ Turn instep of foot into the buttock release & pull leg hand over hand through well-oiled palms
- ♦ **Repeat on other leg**
To complete massage stroke down back, from shoulders to feet x 4 using weight of hand.
- ♦ Leave baby to relax.



BENEFITS OF BABY MASSAGE

- * Develops stamina, flexibility & strength.
- * Relaxes baby, so they are calmer & happier.
- * Eases colic & other ailments that tighten the tummy e.g. constipation by stimulating the ascending, transverse and descending colon, helps stimulate poor circulation e.g. cold hands & feet.
- * Develops flexibility in the joints & relaxes controlling muscle groups.
- * Allows your baby to sit on the backs of their legs & keep their spine straight.
- * Keeps breathing rhythm deep & belly relaxed.
- * Helps to strengthen the thoracic spine & secure a good posture in both sitting & standing.
- * Strengthens hands, arms & shoulders, stretches & relaxes the abdominal muscles & belly.

DON'T FORGET
"TIGER IN THE
TREE" FOR THOSE
MOMENTS WHEN
YOUR BABY IS VERY
UPSET OR JUST
NEEDS A CUDDLE.

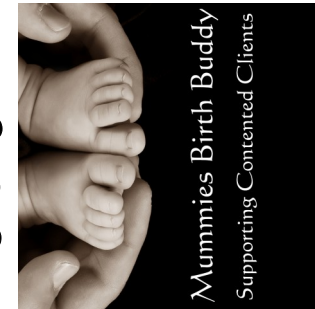


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BABY MASSAGE



Mummies Birth Buddy

Lying on your back, playing with objects above your head can cause digestive & respiratory disorders e.g. reflux & asthma
Why not lie on your belly, with your baby face to face and play.

Belly position and face to face interaction has been found to benefit new mums suffering with post-natal depression, it also develops good breathing.

INTRODUCTION

- ◆ Belly to belly (knees wrapped around mum / dad)

Lots of hugs, rubs & kisses

- ◆ Sit baby facing away (back to belly)
- ◆ Mum / dad arms under baby's, hands over ankles, soles of feet together & lean back and gently rock from side to side, take feet to navel.



- ◆ Tailor pose swing
- ◆ Gentle leg openers, one at a time, then both together
- ◆ Keep rocking, rest hands on shoulders, lean back & rub shoulders gently keeping arms open
- ◆ Hand on tummy gently knead from side to side



Lots of hugs and kisses lay baby down face to face with mum / dad, undress baby including nappy. Prepare your hands make sure they are well-oiled.

LEGS

- ◆ Pull baby's leg hand over hand through well oiled hands, a firm but relaxed grip using palms & fingers
- ◆ Hold ankle with inside hand & massage front & back of thigh with outside hand, keep hand above knee & use whole hand, palm & fingers



- ◆ Follow through down back of leg pulling calf & foot, hand over hand through whole



HIPS

- ◆ Shake baby's leg gently, let knee bend outwards & take foot to navel (*Hold foot gently using weight of inside hand*)
- ◆ Massage around back of thigh & buttock with outside hand *Rock baby gently side to side*
- ◆ Release leg & pull hand over hand
- ◆ With outside hand press into ball of foot behind toes, extends baby's heel.
- ◆ Massage calf with free hand



REPEAT ON OTHER LEG

- ◆ Clap both feet together, raise to tap both feet on cheeks or chest & then back to tummy & rock baby (not legs) gently from side to side
- ◆ Hold feet with outside hand & massage sacrum & lower back
- ◆ Stroke down from hips to feet x 3
- ◆ Place thumbs on knees & stroke down back of knees with fingers (baby will straighten legs), hold straight & gently push & pull a few times.



STOMACH

- ◆ Give your hand a shake, let it relax
- ◆ Rest relaxed hand on baby's tummy, heel above pubic bone, fingers towards lower ribs.
- ◆ Using weight of hand gently "wibble wobble" your hand back & forwards
- ◆ With your hand loosely cupped circular motion (clockwise) (don't move hand)
- ◆ Lay relaxed cupped hand sideways across tummy & press gently from side to side between hip & rib with heel of hand & fingers
- ◆ Then squeeze both sides gently at same time **Repeat** "wibble wobble" and clockwise motion

CHEST

- ◆ Place relaxed open hands on baby's chest, glide upwards & over shoulders & then gently pull arms through the centre of both palms downwards. Repeat a few times
- ◆ Shake baby's arms gently & if relaxed pull them through your relaxed palms horizontally.
- ◆ Repeat a few times
- ◆ Clap hands together & open arms sideways ***When baby's arms can open comfortably sideways***
- ◆ Pull them upwards through palms vertically close to ears & then stroke down to feet, repeat all the way up & down again
- ◆ *When comfortable in all 3 positions (downwards, sideways and upwards)*
- ◆ Tap arms & hands quickly against the floor
- ◆ Stroke down from the shoulders to the feet x 4