

CLARE CURTIS WELLBEING
PREGNANCY | BIRTH | MOTHERHOOD

Baby Massage

Health & Safety

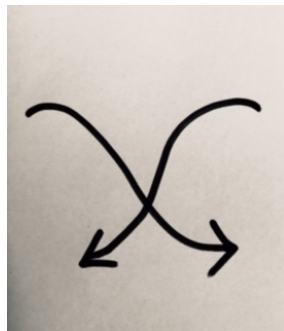
- Ensure hands are clean and any jewellery is removed
- Ensure the space is warm and the environment is calm
- Do not massage immediately after a feed, particularly the tummy
- Do not massage if your baby has a temperature or is unwell
- Do not massage 24/48 hours after a vaccine particularly if your baby has a temperature
- Do not massage bruises or infectious skin conditions

Never apply pressure to joints, fontanelles and the spine
Always carry out tummy massage in a clockwise direction

To BEGIN

Loving touch - tips of fingers from the top of your baby's head all the way down to the tips of their toes. Asking permission or explaining it is time for a massage. Be sure to pause to ensure your baby would like a massage before proceeding to start undressing your baby.

Cross Their Heart - One hand is on the right shoulder and glides across the rib cage under the opposite arm pit, then the same with the opposite arm.



Always try to keep one hand in contact at all times and let the massage flow in whatever way feels right for you both, adapt the movements with the health and safety in mind.

Shoulders - Start hands on your baby's chest, slide hands up over the shoulders then glide along the arms to the wrists then glide your hands back again bringing them back to the chest

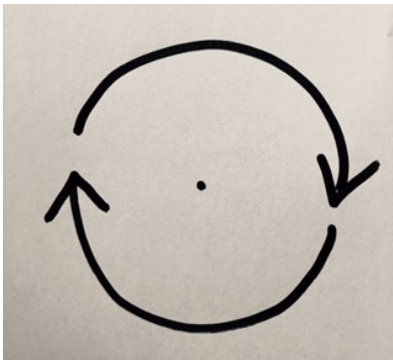
Loving circles - Supporting wrists use your thumb to circle up the arm towards the shoulder. You can put pressure on as you work your way towards your baby's heart and take any pressure off as you glide your hands away from the heart. Same technique is used on the legs, supporting ankles and avoiding pressure on knee joints.



Hands and finger tips - Circles on the palms, gentle “twiddle” using finger tips on the finger to the tip. Tommy Thumb, Peter pointer, Toby tall, Ruby rung, Baby small.

Tummy Massage ALWAYS in a clockwise direction!

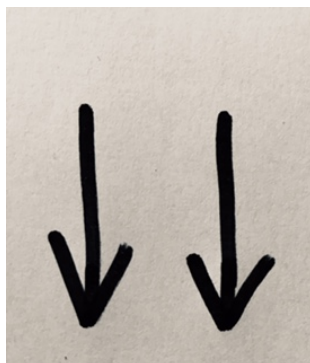
Circle - Around the tummy button under the ribs. The further down you go you may stimulate the bladder.



Little Petals - Imagine a flower around the tummy button and using your fingertips in a circular motion “colour in” the petals as you make your way around. You can put a fair bit of pressure providing your baby hasn’t had a recent feed. This strengthens the digestive system.

Bridge - in an “n” shape around the tummy button

Paddle Hands - Gently slide one palm and then the other all the way down. Alternate palms always keeping on in contact with the other. This can also be done on the back.



Leg Bends - Supporting legs and ankles bring your Baby’s knees up or pedal them.

Soothing Leg Strokes - Supporting the ankle with one hand glide the other hand up towards the thigh, around the hip and slide back down over the bottom and back towards the ankle.

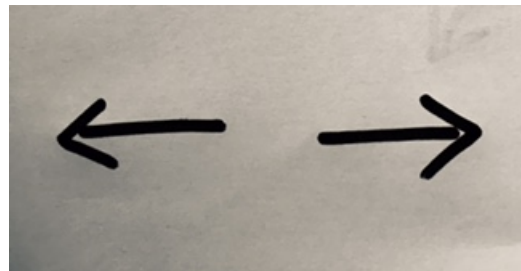
Jelly on a plate - ensuring there is no pressure on the knee, "roll" your hands back and fourth as though making a sausage shape with dough in both hands.

Feet - Under Big Toe is the calming spot.
Under the toes is the sinuses. Above the toes are the gums.

When giving the back a massage and putting your baby on their front please make sure their airways are clear and their hands are forward so if they try to lift their head they can come up on their hands/arms.

Full body - Starting on the baby's bottom glide your hands up on either side of the spine (no pressure on the spine) up and over the shoulders then along the length of the arms then back along to the shoulders and down the back all the way down the legs to the ankles.

Stretch & Circles - Ensure you have plenty of oil and using the thumbs on either side slide from the spine then slide outwards gradually working your way up the back all the way to the neck. Similarly use your thumbs to make small circles all the way up the back on wither side of the spine (NOT on the spine) all the shoulders.



Face and head - Gentle circles on the scalp as though shampooing and little raindrops.

Always end the massage with the loving touch.

Your baby will be thirsty after the massage so make sure you have a drink ready.

Have fun, relax and enjoy the time with your baby! xx