

Massaging your baby

How to give your baby a massage

There are no set rules to baby massage. You can modify this technique to suit your baby's needs. Always remember to be sensitive and responsive. For newborns a massage up to 10 minutes is sufficient, while older babies can enjoy a massage for up to 20 minutes. Respond to your baby's needs and stop when he or she has had enough.

1.

Make a smile on your baby's upper lip with your thumbs, then do the same to the lower lip



2.

With both hands together at the centre of your baby's chest, push out to the sides following the rib cage, as if you were gently flattening the pages of a book. Without lifting your hands, bring them around in a heart shaped motion to the centre



3.

Use the outside of your hand and make paddling strokes on your baby's tummy, one hand following the other



4.

Stroke down your baby's back from neck to bottom – including the bottom. Then, with the fingertips of your hands, lightly massage the muscles on either side of the spine in the same descending motion.



5.

Hold your hands together around your baby's arm at his or her shoulder (as if you were holding a cricket bat), then move your hands in opposite directions, back and forth, from shoulder to the hand and squeeze gently.



6.

Massage the left wrist using your thumb or forefinger. Then move on to stroke the palm, uncurling your baby's fingers as you go. Do the same with the right hand.



7.

Hold your baby's leg (as if you were paddling a canoe) then move your hands up his or her leg together turning in opposite directions and squeezing gently.



8.

Massage your baby's ankles, then feet, one at a time, supporting the ankle securely with one hand and using your thumb to massage from heel to toe along the sole of the foot.

