

Baby massage – in pictures

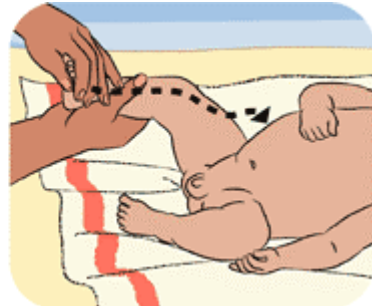
Getting started



Baby massage is soothing. Do it after a bath, when baby is clothed or in his cot. Before you begin, **show baby your hands** so he can 'consent' to the massage (he'll turn his head or roll away if he's not interested).



To get started, smooth a few drops of **edible oil such as olive** or sweet almond oil into your warm hands and begin massaging the soles of baby's feet. Use firm, gentle, slow strokes from the heel towards the toes.

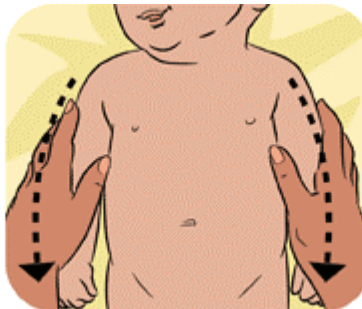


Continue with long smooth strokes up baby's legs. Massage from the ankle up to the thigh and over the hip. You can try massaging both legs at once or just one at time.

Massaging the upper body



Start the upper body massage with your hands on baby's shoulders and make gentle strokes in towards the chest.



Massage the arms by stroking from the shoulders down towards the wrists. Try not to get oil on baby's hands but if that happens, wipe his fingers clean before he sucks them.



If your baby's tummy feels soft (not hard or full) massage his belly using circular, clockwise strokes. Babies' tummies are sensitive, so if he becomes unsettled, move on to the next step.

Massaging the face and back



Use your fingertips to massage baby's face. Stroke from the middle of his forehead, down the outside of his face and in towards his cheeks.



If baby is still relaxed once you've finished massaging the front of his body, you can turn him onto his tummy and use long, smooth strokes from head to toe.



Use respectful touch and stop the massage if baby is not enjoying himself or showing any signs of being uncomfortable. It's also best to avoid a massage if you are very tense, or if baby is agitated or upset.