

Infant Massage to Settle

Infant massage builds connection between your infant, their family and their body. It helps releases tension and helps their nervous system regulate.

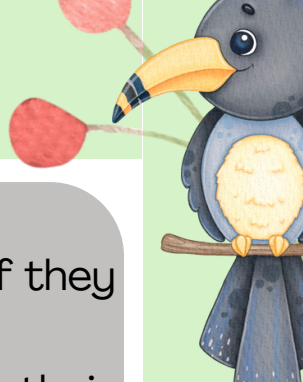
To begin: start by placing a flat hand on your babies belly and ask permission to start massaging.

When to massage?
Find a moment where your infant is active, alert and responding to your interactions (for example, smiling, talking and looking at you). The baby will have their eyes open, bright, reaching out and generally settled.

Front Body Massage:

1. Gentle squeezes down the side of the chest & tummy
Stroke from the top of the chest to the bottom of the tummy.
2. Using the pads of fingers, both hands at the same time, draw X's starting from the shoulder to the hip bone.
3. Using the pads of fingers, both hands at the same time, draw a heart starting from the centre of the chest and finishing at the front of the pelvis.
Repeat each six times, reversing the opposite direction when you finish the stroke.
4. Place three fingers just below the sternum, and apply a light pressure. Think "melting butter". Hold for 5-8 seconds.





Back Body Massage:

Place your infant on their front (tummy time position). If they do not like this position, it can be skipped.

Hint: If they don't like it, try these technique to improve their enjoyment.

1. Firm strokes with the pads of your fingers (without sticking them in), from the top of their back, either side of the spine, to their tailbone.
2. From their tailbone, use the pads of your fingers spread out in an arch across their hips and pelvis.
3. Start your hands side by side in the centre of your infants back and spread your hands away from each other. Repeat this up and down their spine.

Repeat each six times.



Arm Massage:

1. Gentle squeezes from the shoulders to the hands.
2. Fist your hands and glide the palm surface from your infants shoulders to their hands.
3. Glide the flat of your hands down your infants legs.

Repeat each six times.

To finish: Press a thumb pad into the palm of your infant's hand. Hold for 3 seconds. Repeat 5 times.



Leg Massage:

1. Gentle squeezes from the side of the hips to the feet.
2. Fist your hands and glide the palm surface from your infants hips to their feet.
3. Glide the flat of your hands down your infants legs

Repeat each six times.

To finish: Press a thumb pad into the sole of your infant's foot. Hold for 3 seconds. Repeat 5 times.

