

# Baby Massage

Baby massages are a big deal and for good reason. Keep baby calm and ease their tummy troubles with this baby tummy massage breakdown. Now you can put 'baby masseuse' on your CV.

- ✧ Try and choose a time when baby is relaxed. After their evening bath is good.
- ✧ Buy some baby massage oil. When choosing a baby massage oil it's best to use natural, plant based oils, which are the most gentle on the skin. A patch test will help to check that the oil is suitable for your baby.
- ✧ Prepare all your massage equipment before baby's bath, when hands are free.
- ✧ Get a clean, soft towel on top of the baby mat.
- ✧ Make sure the room is nice and warm, 24°C is ideal.
- ✧ Consider dimming the lights if you're going for those extra sleep cues.
- ✧ Consider playing relaxing music or lullabies for added relaxation.
- ✧ Remove any rings or bracelets.
- ✧ Make sure hands are warm.
- ✧ Undress baby and lay them on a soft towel on a baby mat.
- ✧ Pour some baby massage oil on your hands and warm it in palms (using too much may make your baby very slippery to pick up post massage).
- ✧ Start at baby's feet. Stretching and rubbing their toes.
- ✧ Work up baby's legs and gently rub and squeeze their muscles. Support their ankles with one hand.



- ✧ Work your way to baby's arms. Support their wrists with one hand.
- ✧ Finish with a chest and belly rub. Using clockwise circular motions on their tummy.
- ✧ Talk to your baby softly and tell them what you are doing.
- ✧ Try to maintain eye contact as you massage baby.
- ✧ Try not to rub or squeeze baby too hard.
- ✧ Stop massaging if baby doesn't enjoy it. Not all babies do.
- ✧ Stop massaging if baby falls asleep.