



MOM & MINI club
Week of 2/12/24
BABY

Performing a baby massage is a delightful way to nurture your infant's well-being and strengthen the parent-child bond. Here's a step-by-step guide on how to conduct a soothing and gentle baby massage:

- 1. Set the Scene:** Begin in a warm, quiet room. Ensure the lighting is soft, and the temperature comfortable. Lay your baby on a soft towel or blanket.
- 2. Use Safe Oil:** Choose a natural, baby-safe oil such as coconut or grapeseed oil. Warm a small amount in your hands before starting.
- 3. Start with Stroking:** Gently stroke your baby's body with flat hands, using long, rhythmic motions. Begin with the legs and move towards the chest. Maintain a gentle, but firm touch.
- 4. Leg Massage:** Gradually move to massaging the legs, using gentle circular motions on the thighs and calves. Pay attention to the baby's cues - if they seem uncomfortable, adjust your pressure accordingly.
- 5. Feet Massage:** Give special attention to the feet, using your thumbs to massage in circular motions. Be gentle around the toes and use this time to softly stretch and flex their little ankles.
- 6. Tummy Time:** Move to the tummy with gentle, clockwise circular motions. This can aid digestion and provide comfort. Avoid applying too much pressure, especially if the baby has just fed.
- 7. Chest and Shoulders:** Massage the chest and shoulders with light, upward strokes. Be cautious around the delicate collarbone area.

8. **Arm Massage:** Similar to the legs, massage the arms with gentle, circular motions. Extend each little finger, gently working your way from the shoulders to the fingertips.

9. **Face and Head:** Finish with a gentle face and head massage. Use light strokes on the forehead, cheeks, and around the ears. Be very gentle around the fontanelle (soft spot on the head).

10. **Observe Your Baby:** Watch your baby's cues throughout the massage. If they seem uncomfortable or fussy, it's okay to stop or adjust your techniques.

11. **Create a Routine:** Establishing a consistent routine can be comforting for the baby. Consider incorporating massage into your bedtime or bath time routine.

Remember, every baby is unique, and what works for one may not work for another. Pay attention to your baby's signals, enjoy the bonding experience, and adapt the massage to suit both you and your baby's comfort levels.