

# Baby Massage

**T**

**TIME** Babies respond best to a massage when they are awake but calm. After a feeding or after a bath are good times

**O**

**ONLY** use a creme or oil specially made for babies or something safe enough to put in your mouth (Baby lotion, massage oil or cooking oil)

**U**

**UNDERSTAND** your babies signal. Stop the massage if the baby seem fussy or uncomfortable.

**C**

**COVER** the body parts you are not massaging with a light blanket, towel or sheet. Some babies especially very young babies, do not like being undressed.

**H**

**HANDS** your hands should be relaxed when giving a massage. Use only gently pressure - like water falling softly on the baby's skin.

A class, book or video or a massage therapist can teach you many techniques to calm your baby. Your parent educator, health care provider, or childbirth educator can help you find resources.

## **ADULT BOOKS:**

- *Baby Massage* by Alan Health and Nicki Bainbedge
- *Infant Massage A handbook for Loving* by Vimala S. McClure

