

## Baby massage routine

“Remember a firm touch relays confidence and security. Talk or sing to the baby during massage or play familiar music. Begin routine by swooping”

### Legs & Feet

INDIAN MILKING (*stroking down leg from hip*)  
SWEDISH MILKING (*stroking up*)  
KNEADING (*inside and outside of legs – use thumbs and finger pads*)  
ROLLING (*plasticine sausage*)  
CIRCLES AROUND ANKLES (*using fingers and thumbs*)  
SQUEEZE AND ROLL TOES  
STROKE SOLES WITH THUMBS  
HEEL IN PALM (*roll palm around sole of foot*)  
HOLD SOLES IN PALMS

### Stomach (*may need to loosen nappy*)

WATER WHEEL (*applying oil in a clockwise motion with flat hands*)  
CROSS THE BRIDGE (*draw an ‘n’ clockwise with two fingers gently tracing the large intestine*)  
MASSAGE THE CORNERS (*massage the top corners of the ‘n’ where food can collect*)

### Chest

OPEN BOOK (*applying oil with flat hands up the sternum and out to the shoulders*)  
BUTTERFLY (*criss cross diagonally from left lower ribs to right shoulder with a flat of hand, repeat for the other side*)  
TAPPING STERNUM (*stimulates the thymus gland and boosts the immune system*)  
CIRCLES ON SIDES (*down sides of baby’s ribs*)

### Arms & Hands

INDIAN MILKING (*stroking down from shoulder to hand*)  
SWEDISH MILKING (*stroking up*)  
PIT STOP (*arm pit – wrist to armpit lymph drainage*)  
KNEADING (*inside and outside of arms – use thumbs and finger pads*)  
ROLLING (*plasticine sausage*)  
CIRCLES AROUND WRISTS (*using fingers and thumbs*)  
SQUEEZE AND ROLL FINGERS  
STROKE PALMS WITH THUMBS

### Face

OPEN BOOK (*applying oil with flat hands from chin to cheeks to forehead*)  
AROUND EYES (*gently using thumbs, iron out a furrowed brow*)  
DOWN THE SIDES OF THE NOSE  
CIRCLES ON CHEEKS  
AROUND THE MOUTH (*not for under 3 months, may encourage gumming*)  
CIRCLES ON LOWER JAW  
SQUEEZE/ROLL EARS  
TUG LOBES  
AROUND EARS TO CHIN

### Back

HOW TO: (*Hold baby over shoulder or lie faced down if they can support their head*)  
BACK AND FORTH (*applying oil with flat of hand horizontally across the back*)  
SMALL CIRCLES (*massaging with flat of hand over entire back*)  
COMBING (*stroking using fingers from scalp to buttocks*)  
KNEADING THE BUTTOCKS (*releases tension, aids digestion, loosen nappy*)  
MASSAGING SACRUM (*use heel of hand*)  
SCALP ROTATIONS  
SWOOPING (*stroking flat hand from scalp to buttocks*)  
Wrap in a towel and cuddle x