



Signals

I use signals to let you know when I am happy & ready. When I am happy and ready for a massage, I may:

- smile,
- make an 'ooh' face,
- look at you,
- be quiet and alert, or
- have a soft, relaxed face.

During the massage it may take a few strokes before I relax. If I still don't like it after six strokes, please stop and give me a break. Then start with another body part. When I am not happy with the stroke, I may:

- frown,
- stick out my tongue,
- finger splay,
- salute, or
- fuss.

For more information about signals or massage, please ask my doctor, nurse, therapist or teacher. For information about BabyNet, please call 1-800-868-0404.

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First Touches

Baby Massage

Nice touches
for me,
from you!



Baby Massage

When

I may be ready for baby massage if I am able to maintain my body temperature on my own & can be held. If you'd like to massage me, ask my nurse, doctor, therapist or teacher if I am ready.

What

During baby massage you will gently but firmly stroke different parts of my body.

Why

Baby massage lets me experience nice touches and helps me relax. In addition, research studies have shown that baby massage may help babies gain weight and cry less. It may also improve tone and help overall development.

How

Massage me for 20 to 45 minutes per day. Observe my signals to see when I'm ready for you to begin my massage and for times that I need a break.

Follow these helpful hints:

- Use pressured strokes because light strokes might tickle me.
- During a stroke, always maintain contact with me; let go only between different strokes.
- Provide slow, rhythmical strokes from in to out. This will help relax me best.
- Use lotion or oil for a nice gliding stroke. Bare hands create friction and don't feel as good. Ask my nurse what lotion or oil is best for me.

Strokes

Face: Place me on my back. Begin with two index fingers between my eye brows. Move both fingers at the same time, in opposite directions to trace the arch of my eye brow. When you reach my temples, circle your fingers three times. Lift your right finger up and move it between my eye brows then bring your left finger. Repeat 15-20 times.

Arm: Support my arm by holding my wrist with one hand. With your other hand, stroke my outer arm from my shoulder to my wrist. Alternate hands and stroke my inner arm down to my wrist. Repeat 15-20 times.

Wrist: Hold my arm with one hand. Use the index finger and thumb of your other hand to gently circle both sides of my wrist. Make 15-20 circles.

Repeat on my other arm and wrist.

Leg: Support my leg by holding my ankle with one hand. With your other hand, stroke my outer leg from my hip to my ankle. Alternate hands and stroke my inner leg down to my ankle. Repeat 15-20 times.

Ankle: Hold my leg with one hand. Use the index finger and thumb of your other hand to gently circle both sides of my ankle. Make 15-20 circles.

Repeat on my other leg and ankle.

Back: Place me on my stomach. Make sure that my head is to the side so that I can breathe. Put your left hand on my buttocks and your right hand on the back of my neck. With your right hand, stroke from my neck to my buttocks. Leave your right hand on my buttocks. Move your left hand to my neck and stroke down to my buttocks. Repeat 15-20 times.

Ask my nurse, doctor, therapist or teacher if I am ready for baby massage.