

BabyBabyOhBaby.com

Bonding With Your Brilliant & Beautiful Baby Through Infant Massage

In the beginning, the entire massage may be only still touch. It can be five minutes or thirty minutes. It doesn't matter—whatever your baby is ready for. It may take a month or more to work up to a massage that includes all the strokes. There's no right or wrong order and you may not get to every part every time. That's OK. You can start anywhere or continue anywhere. Think of it as a dance that you and your baby improvise together.

Still Touch

Check In
Stomach
Legs
Arms
Face
Check Out

Connecting Strokes

Check In
Chest to Toes
Sides to Toes
Heart on Face
Check Out

Legs & Feet

Check In
Milk Down Leg
Squeeze & Twist
Slide / Bottom of Foot
Walk the Sole
Squeeze the Toes
Stroke Top of Foot
Circle Ankle
Milk Up Leg
Roll
Check Out

Stomach

Check In
Sweep Down
Thumbs to Sides
Clockwise Circle
I Love You
Bubble Hunt
Knees Up
Check Out

Chest

Check In
Sweep Down
Heart
Cross Chest
Shoulder Lifts
Check Out

Arms & Hands

Check In
Pit Stop
Milk Down Arm
Squeeze & Twist
Stroke Palm
Squeeze Fingers
Stroke Top of Hand
Circle Wrist
Milk Up Arm
Roll
Check Out

Face

Check In
Heart
Stroke Forehead
Stroke Brow
Stroke Closed Eyelids
Down Nose to Cheek
Stroke Upper Lip
Stroke Lower Lip
Circles on Jaw
Ears to Chin
Ears
Circles Around Head
Check Out

Back

Check In
Back & Forth
Sweep Down Back
Circles
Circles / Thumbs
Heart
Comb
Thumbs on Bottom
Check Out

Stretches

Check in
Round & Round
Knees to Stomach
Diagonal Cross
Cross Arms
Cross Legs
Bicycle Knees
Check Out



This DVD is a practical guide to infant massage. It is not medical advice. You should review your massage program with your doctor before beginning.

Infant massage is not medical treatment or therapy.

If your baby shows signs of discomfort or distress during the massage, STOP. Consult with your doctor prior to resuming.