

Mustela presents a few simple baby massage techniques

Massage relaxes, calms and prepares your baby for sleep.

For more information, ask a health care professional.

1.



Massage baby's shoulders gently, starting at the neck and working down the arms, not forgetting hands and fingers.

2.

With your hand held flat, massage the thorax and stomach using clockwise circular movements. Do not press down – the weight of your hand is sufficient.

Place your hand crosswise below baby's chest and gently move it downwards. Repeat with the other hand.



► *Relaxes the stomach, easing digestion.*

3.

Hold your baby's foot with one hand then, using the other hand, massage from the calf toward the thigh, then toward the hip.



► *Soothes your baby and helps circulation.*

4.

Hold your baby's foot between your hands and gently massage from the toes to the heel. Go back to the toes and massage each one in turn before gently pulling all of the toes upward together.



5. To massage baby's hands, use gentle circular movements on the palm, then ever so gently smooth each finger.

Mustela advice

- Avoid massaging baby just before or after a meal, or when your baby is ill.
- Choose a calm, warm place (minimum 77°F) with soft lighting.
- Make sure your hands are clean and warm.
- Remove any jewelry and make sure your nails are trimmed short.
- The massage should be performed on healthy, undamaged skin.
- Ask a health care professional for advice before massaging your baby close to the umbilical scar.