



Johnson's®

FIRST TOUCH

it all starts with touch...

A Guide To Infant Massage

## The Value of Infant Massage

Massage is a wonderful way to keep your baby healthy and happy. It is also a great way to bring you and your baby closer together.

Massage benefits the baby's heart, breathing, digestion and circulation. It helps prepare their little bodies for physical activity and improves overall mobility. Massage also helps babies relax and fall asleep.

In addition to babies, touching and close physical contact during massage may have benefits for parents and other caregivers, too.

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## A Guide To Infant Massage

### Getting Started

- A massage should last only about 15 minutes.
- Keep it simple and relaxed, when your baby is not hungry or cranky.
- Set the mood; play gentle music if you wish.
- The room should be comfortably warm.
- Your baby needs a soft surface to lie on.
- A clean diaper or soft towel should be nearby.
- A small amount of a mild baby oil or lotion can be used.
- Make sure your hands are warm by rubbing them together.
- Gradually increase the pressure of your touch to avoid tickling.

**TIP:** It's best not to apply oil or lotion to red or irritated skin. If a rash develops, discontinue use. Always be sure to read the label before using any product.

### Basic Techniques

#### Face



**Giggle and Grin:** Baby's face may accumulate a great deal of tension through sucking, teething, crying and generally interacting with his world. With your thumbs, make smiles on the upper and lower lips.

#### Chest



**Valentine:** With your hands together at the center of the chest, push out to the sides, following baby's rib cage, as if you were flattening the pages of a book. Without lifting your hands, bring them around in a heart-shaped "Valentine" motion.

#### Arms



**Under Arm:** First lift the arm and stroke the armpit a few times.



**Milking:** Encircle your hands one on top of the other around baby's arm at the shoulder and move towards wrist as if you were milking. Now move your hands in the opposite direction, from wrist to shoulder.

#### Stomach



**Water Wheel:** Using the outside of each hand, make paddling strokes on baby's tummy, one hand following the other, as if you were scooping sand toward yourself. This playful stroke is called the Water Wheel. Hold up baby's legs with your left hand and grasp the ankles. Then repeat the paddling motion, using the right hand only.



**I Love You Stroke:** You can do a three-part I Love You stroke. For "I," make a single downward stroke with your right hand on baby's left belly (your right). For "Love," make an upside-down "L" going from your left to right. For "You," make an upside-down "U" going from your left to right.



**Fingertip Tiptoe:** Using your fingertips, tiptoe across baby's tummy from your left to right.

#### Legs



**Milking:** Encircle your hands one on top of the other around baby's leg moving from ankle to hip as if you were milking. Then reverse direction using the same stroke from hips to ankle.

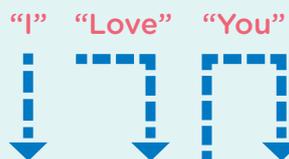


**Leg Roll:** Roll baby's legs from knee to ankle between your hands.

#### Back



**Back Rub:** Start with your hands together at the top of baby's back, at right angles to the spine. Move your hands back and forth, in opposite directions, going down the back to the buttocks, then up to the shoulders, and back down once again.



Remember that until you are skilled you should not practice on real babies, and special techniques and training are required for preterm massage.