



How to massage your baby

- Your baby is happy about the massage if your baby has relaxed hands, gentle fluid movements and is making eye contact.
- To start place your hands gently on your baby's legs.
- Commence massage from the thigh and work down through the body using firm, gentle, smooth and rhythmic strokes, glide over skin, maintaining skin contact at all times throughout the massage.
- Watch and monitor your baby's reaction throughout the massage.
- If at any time your baby is showing clenched fists, grimaces, hiccoughs, sneezing, red blotchy skin, turning eyes away from you; then slow down your movements or stop the massage. Your baby is letting you know that now is not the best time for massage and that they would rather be feeding or sleeping.

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The Tresillian Parent's Help Line
1300 2 PARENT (1300 272 736) or
Visit the Tresillian website at
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For regular updates on caring for your baby,
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Baby Massage

Touch is the most powerful
of all interactions between
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Touch is the most powerful of all interactions between a parent and child. Your baby will sense what you are feeling by the way they are touched. This is why it's important to have a gentle, calm and nurturing touch, which will enable your baby to feel a sense of trust, kindness and security. If you are feeling stressed or overtired, it's best not to massage your baby until you are in a more positive, calm state.

Children can sense what parents are feeling by the way they are touched.

Benefits of baby massage

- Establishes and regulates healthy sleep patterns.
- Can help your baby into a state of calm
- Improves parent-infant interaction, sleep and relaxation.
- Reduces crying, lowers cortisol levels and increases serotonin levels – all of which helps to make your baby feel happy.

- Improves weight gain and development.
- Parents who massage their babies are better able to understand their baby's communication signals and their babies are more socially alert.
- Can assist a child's muscle tone, sleep patterns and bowel movements.

The best time and place to massage your baby

- The best time to massage your baby is when you and your baby are both in a calm state. This can be at any time of the day. Ideally, your baby should be quiet and alert.
- You can massage your baby when they are fully, partially clothed or undressed.
- The massage can go for as little as a minute or as long as you are both enjoying the time together.

Preparing for the massage

- Before you attempt to massage your baby, check that it is a good time for you to massage i.e. you are feeling calm.
- Take some deep breaths and relax your shoulders.
- Dim overhead lighting.

- Turn off the phone and remove distractions.
- Ensure the room is warm and free of draughts.
- Remove your jewellery and watch
- Wash your hands.
- Place a towel or a bunny rug under your baby to keep them warm.
- Place a pillow under your baby's head and upper torso if desired.
- Play some gentle, relaxing background music.

Choosing oils for massage

- Avoid using essential oils including lavender or eucalyptus oil, for infants under two years of age.
- If you have a known peanut allergy do not use refined peanut oils as they may contain traces of peanut protein and could cause a reaction to you or your baby.
- Whatever oil you decide to use, always check the ingredients on the label.