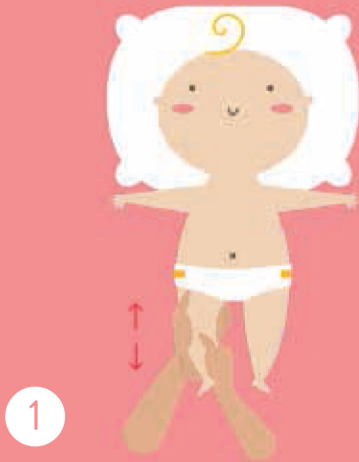


Infant Massage 101

First, set yourself up in a calm, quiet spot that's comfortable for both of you, ideally at a time when Baby is in a good mood, and not too soon after eating. The idea is simply to caress each part of your baby's body, spending about a minute in each area and seeing how your baby responds. After some practice, you'll learn through nonverbal cues—jiggling arms, heavy eyelids—which areas and types of touch are most appreciated.



1

A good place to start is with the legs while Baby is laying face up. Wrap both your hands around one thigh at a time and softly “milk” them by sliding your hands down toward the ankles. Once you reach the feet, stroke the tops. Then lightly press your thumbs into the soles, and stroke each toe.



2

Repeat these actions for Baby's arms, hands, and fingers.



3

Place your hands in a prayer position in the center of Baby's chest and repeatedly move them outward toward the armpits with your palms flattened. Then place one hand flat across the top of the chest and stroke down vertically.



4

Gently turn Baby over onto her tummy and use your fingers to trace small circles on either side of the spine, starting at the neck and moving down to the tailbone.



5

Finish with long strokes from the shoulders all the way down to the feet.