



Massage for Your Baby

by Melissa Cullen, Sea to Sky Massage Therapy



Infants have active lifestyles. Every new sight, sound, touch, taste, and smell - every moment brings something strange and wonderful. . . . But everything we take for granted can be overwhelming for your baby. Massage can help your child learn to relax at an early age.

Find a comfortable, quiet place: somewhere familiar to your child. Choose a time when he is calm and receptive to massage, such as after a bath. You, too, should be relaxed, as babies can sense their parents' moods. If your baby in any way protests, leave it for another time. Many more opportunities will present themselves.

Have your favourite lotion on hand, preferably something non-greasy and non-irritating. Your touch should be firm but soft during the massage. Use long strokes along the arms and legs, moving toward the heart to increase circulation and relaxation. Apply light clockwise circular motions around the belly to aid in digestion. (This may help some colicky babies with cramping.) Draw your fingers across the forehead from the midline, down the cheeks, and to the chin. Apply long strokes down the back, over the buttocks, and down the legs. Finish with a foot massage.

Be flexible with your technique. Each massage will be different and may last only a few minutes, but the sense of well-being your child feels will stay with him for years to come.