

# Handouts for Parents



# Legs and Feet

Start by greeting your baby's legs with Resting Hands.

## 1. INDIAN MILKING



## 2. HUG AND GLIDE



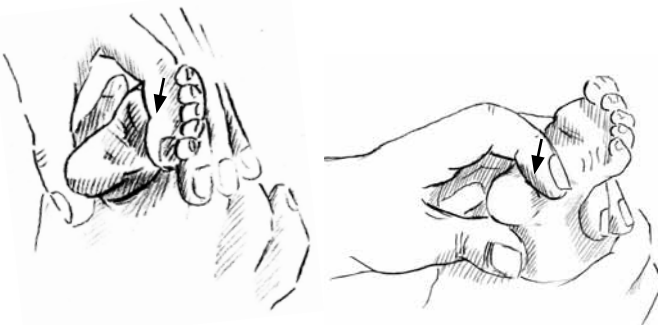
## 3. THUMB OVER THUMB



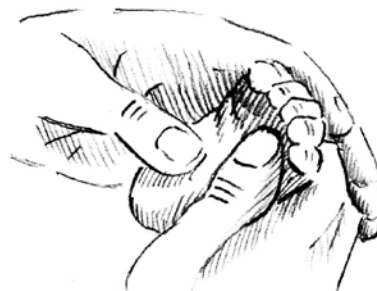
## 4. TOE ROLL



## 5. UNDER TOES AND BALL OF FOOT



## 6. THUMB PRESS



### 7. TOP OF FOOT



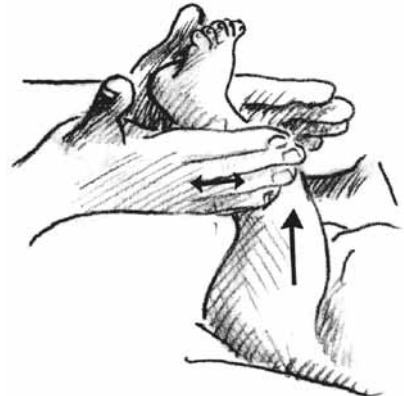
### 8. ANKLE CIRCLES



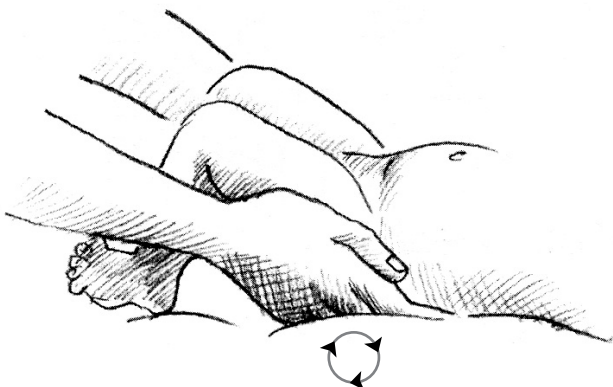
### 9. SWEDISH MILKING



### 10. ROLLING



### 11. BOTTOM RELAXER



### 12. INTEGRATION

Move both hands with a sweeping stroke from buttocks to feet.

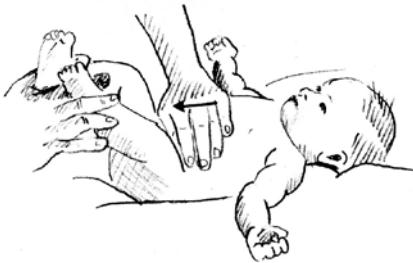
# Stomach

## 1. RESTING HANDS

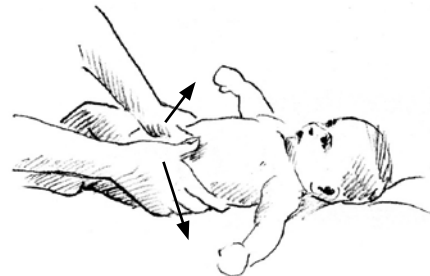
## 2. WATER WHEEL PART A



## 3. WATER WHEEL PART B



## 4. THUMBS TO SIDE



## 5. SUN MOON



## 6. I LOVE YOU



## 7. WALKING



“Looooove”



“Yooooou”

# Chest

## 1. RESTING HANDS

## 2. OPEN BOOK



## 3. BUTTERFLY



## 4. INTEGRATION

Sweep both hands from chest, to tummy all the way to the feet.

# Arms and Hands

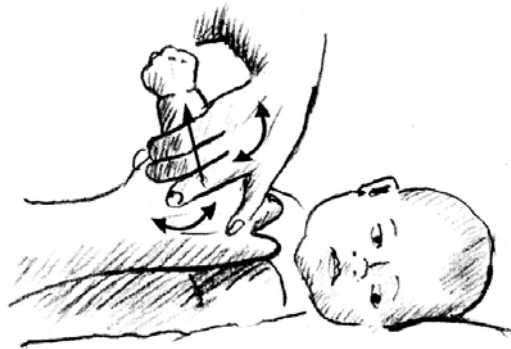
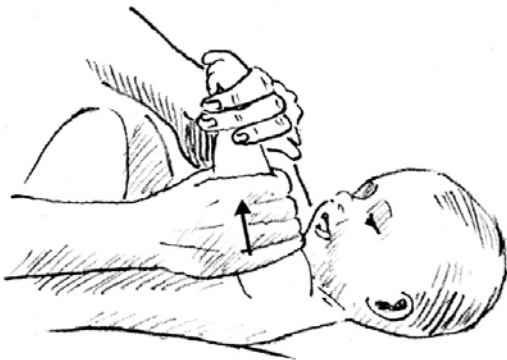
## 1. RESTING HANDS

## 2. PIT STOP



## 3. INDIAN MILKING

## 4. HUG AND GLIDE



## 5. PALM STROKE AND FINGER ROLL

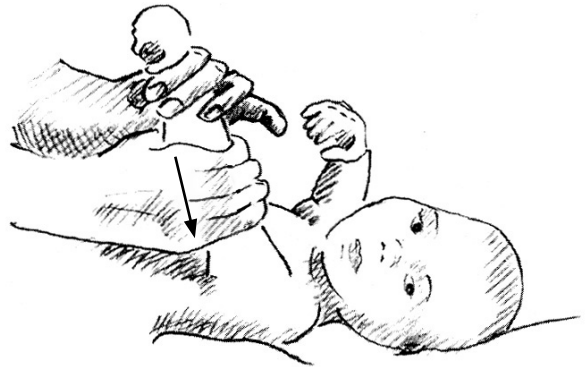
## 6. TOP OF HAND



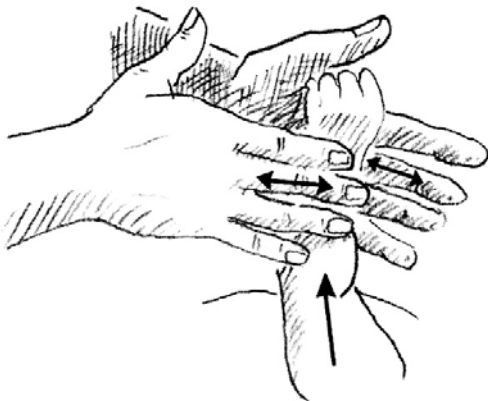
### 7. WRIST CIRCLES



### 8. SWEDISH MILKING



### 9. ROLLING



### 10. INTEGRATION

Sweep your hands from baby's shoulders, to chest, to tummy, to legs, to feet in a single stroke integrating the whole body.

# Face

## 1. OPEN BOOK



## 2. RELAX YOUR EYES



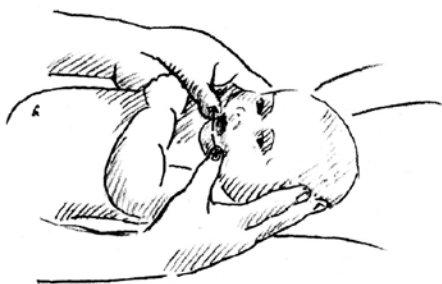
## 3. TOWARDS BRIDGE OF NOSE, UNDER CHEEKBONE



## 4A. SMILE ABOVE UPPER LIP



## 4B. SMILE BELOW LOWER LIP



## 5. RELAX THE JAW



## 6. EARS, NECK AND ALL OF THOSE CHINS





# Back

## 1. RESTING HANDS

## 2. BACK AND FORTH



## 3. SWOOPING PART A



## 4. SWOOPING PART B



## 5. BACK CIRCLES



## 6. COMBING



# Gentle Movements

These movements gently stretch baby's arms and legs, massage the stomach and pelvis and align the spine.

Be gentle and have fun with them, incorporating rhymes and games.

## 1. Cross Arms

Cross your baby's arms at the chest three times, alternating which arm is over and under. Then gently stretch the arms out to the sides.

The rhythm is: *cross - cross - cross - open*.  
Repeat.

## 2. Cross Arm and Leg

Hold one arm at the wrist and the opposite leg at the ankle. Gently bring the arm down to the ribcage and the foot up toward the shoulder (allow the knee to bend), crossing the leg and arm so that the arm goes to the outside of the leg, and cross again so the arm is under the leg, then cross once more with the arm over the leg. Now stretch them out in opposite directions.

The rhythm is: *cross - cross - cross - open*.  
Repeat with the opposite arm and leg.

## 3. Cross Legs

Cross the legs over the tummy three times, alternating which leg is over and under. Then gently stretch the legs out straight, toward you.

The rhythm is: *cross - cross - cross - straighten*.  
Repeat.

## 4. Up and Down

Push the knees together up into the tummy, then stretch them out straight. If the baby resists bending and/or straightening the legs, bounce them gently and encourage baby to relax.  
Repeat several times.

## 5. Bicycle

Gently push the knees into the tummy, one after the other, then bounce them out straight to relax.

The rhythm is: *push - push - push - straighten*.  
Repeat.

# Massage for the Relief of Colic/Gas

This massage routine can be used when problems like tummy pain, wind, constipation or colic occur. Repeat this series of strokes 3 times, 2-3 times a day, for at least 2 weeks.

Some alternative methods which can also help are: Resting Hands, Touch Relaxation and Hand Cradling.

## 1. Resting Hands

Begin by taking a few deep breaths to relax.  
Rest your hands on baby's tummy.

## 2. Water Wheel Part A

Do 6 times with each hand.  
Stroke with alternating hands from rib cage to legs.



*Water Wheel Part A*

## 3. Knees Up

Knees together and push them gently into tummy. Hold for a slow count of 6.

## 4. Touch Relaxation

Use your voice, hand and rhythmic rocking, patting and light bouncing to help baby relax.

## 5. Sun Moon

Do 6 times.  
One hand draws a clockwise full circle.  
The other draws a partial clockwise circle (from approximately 10 to 5 on a clock).



*Sun Moon*

## 6. Knees Up

Knees together and push them gently into tummy. Hold for a slow count of 6.

## 7. Touch Relaxation

Use your voice, hand and rhythmic rocking, patting and light bouncing to help baby relax.

# Behavioral States Chart

As a parent you have an important role in helping your baby to manage sleep and awake states. As your baby matures, you will notice s/he will be able to move through these states more easily. The world around your baby will also shape the way s/he copes. One baby's temperament may allow them to move gradually from one state to another and maintain their quiet alert or sleep state for a period of time but another baby may need more help to do this.

## Awake States

### QUIET ALERT

- Face is bright-eyed and receptive
- Focused attention, taking in the surroundings
- Calm and relaxed movements
- Regular breathing
- Conveys interest and concentration
- May turn away from overwhelming stimulation to maintain this quiet alert state

Your baby responds and learns best in this state.  
This is the ideal time for massage.

### ACTIVE ALERT/FUSSY

- Considerable body activity
- Variable breathing
- Whimpering
- Difficulty in paying attention or focusing

This state often follows an alert state and may be a sign of overstimulation, boredom or a need for a change of some kind. When responded to you may help your baby return to a calmer state.

### CRYING

- High body activity
- Different degrees of intensity and tones indicate the meaning behind the cry
- Grimaces, often with closed eyes
- Skin colour changes may be seen

This state demands your attention to hear your baby's need for something to stop or change. Crying can also be an emotional release that require sensitive acknowledgement.

## Sleep States

### DEEP SLEEP (QUIET SLEEP)

- Baby breathes slowly, deeply and regularly
- No rapid eye movement under the closed eyelids (non-REM sleep)
- Generally motionless
- Low body activity level with very occasional movements or startles

Your baby uses this state for growth and development.

### LIGHT SLEEP (ACTIVE SLEEP)

- Breathing is faster, more irregular or shallow
- Rapid eye movement under the lids (REM sleep)
- Eye opening may occur briefly
- Sucking movements, sighs and smiles can be seen from time to time
- Occasional startles and brief, fleeting jerky movements

In this state your baby's brain is very active, busily storing and organising experiences and information.

## Transitional State

### DROWSY

- Eyes may be heavy lidded, dazed or closed with fluttering lids
- Body activity and breathing variable
- May whimper
- Delayed responsiveness

In this state your baby may be trying to settle themselves back into sleep or may be trying to wake up.

# Oils

The use of oils is a complex subject which continues to be researched. The type of oil to use depends on many factors such as cultural preferences, family traditions, skin types, availability and cost.

## Vegetable Oils

The International Association of Infant Massage recommends that babies be massaged with a high-quality (preferably organic), unscented, cold-pressed vegetable oil.

Cold-pressed oil is produced by mechanically pressing vegetables, fruits, seeds or nuts with low temperature.

### Some advantages for use in infant massage

- Contain beneficial ingredients, e.g. vitamins and minerals.
- Have no added scents as it may mask parent/baby natural body odor (an important element of bonding).
- Are edible and therefore recognized as digestible food by the body.
- Nourishes the skin.

### Some disadvantages for use in infant massage

- The oil will become rancid over time due to oxidation. This is recognized by the change of odor, therefore smell the oil before massage.
- Can vary in quality due to the crop and processing method.

## Recommendations

- Preferably keep in a dark container and store in a cool dark place.
- For babies with broken skin, a skin infection or open eczema, oil should be avoided on the affected area.

## Mineral and Synthetic Oils

A **mineral oil** is derived from petroleum while **synthetic oil** is produced in the laboratory.

### Some disadvantages for use in infant massage

- Leaves the infant's skin slippery and therefore may feel unsafe when handling the baby.
- It can be greasy for dressing the baby afterwards.
- Most mineral and synthetic oils have an added scent which has the potential to cause sensitivity.
- Mineral and synthetic oils have no nutritional value.

## Essential Oils

The International Association of Infant Massage strongly recommends avoiding the use of essential oils in infant massage oil.

---

# Suggestions for Your Growing Child

Remember to always ask permission.

## Active Crawler

- Keep in mind the behavioral states and consider the best time (preferably quiet alert).
- Massage the body part that your child likes best.
- Use songs or rhymes.
- Adapt the massage to accommodate your child's position.
- Have your child sit up in your lap so they can see what is going on.
- Massage may be playful and fun.
- Offer soft toys and cloth books to maintain attention.
- Try massaging in the bath.

## Toddler

- Use relaxing strokes before your child goes to sleep.
- Change the name 'infant massage' to 'big girl/big boy massage'.
- Be aware that your child may reject certain areas.
- Use songs, rhymes and games during massage time.
- Change your way of asking permission by offering a choice of which area to be massaged to avoid a typical 'no' response.

## Preschool

- Tell stories and engage their imagination.
- 'Hero/Heroine massage'.
- Sing songs or use rhymes.
- Let your child choose which area is to be massaged.

## School-age

- Let your child tell a story while you do the massage.
- The stroke may need to be adjusted for longer arms and legs.
- Relate to their hobbies and interests.

## Teenage

- Respect modesty.
- Let your teenager choose the music to be played during massage.
- Consider hand/foot massage or massage of shoulders whilst watching a film.
- Shoulder massage can be offered as a break from homework.
- Ask open-ended questions to prompt sharing of thoughts.
- Give positive comments to help boost their self-confidence.

# Listening to Babies

In the article *Listening to Babies* Vimala McClure writes:

*'Imagine you have just been through a very traumatic experience, something that really disturbed you deeply. You feel yourself on the verge of tears and unable to relax or concentrate, and you go to your spouse or a friend for help. You begin to talk about what happened to you and how you're feeling about it.*

*After a moment of sympathy your friend begins to shush you, saying, "There, there, never mind. Please don't cry. I can't stand it when you cry. Come on, smile for me now. Let me get you something to eat. Maybe you should go to a doctor." You will probably dry your tears and internalize your pain in order to preserve this relationship and because your friend's responses have told you it is not safe to be yourself in her presence.*

*Now imagine yourself in the same situation, with a different response from your friend. You begin to talk about what happened to you and how you're feeling about it. Your friend looks at you eye-to-eye. She leans forward and holds your hand. "I'm here for you, tell me all about it. I can see you're really hurting, and I want you to know that I love you and I want to help you through this."*

*She puts her arms around you and you relax into deep sobs in the safety of her presence. You ramble on, sometimes incoherently, and she's there, saying, "Tell me more. And then what happened? That must have been so painful for you." You feel her genuine support and that trust enables you to really unload and, finally, come back to your center again. Your relationship with her is stronger; she feels good for having been there for you, and you are better able to go on toward healthy functioning.'*

When a baby cries for a physical reason something needs to be actively done about the cry. If the cry is for an emotional reason there are different ways to approach this. Within her article Vimala suggests a three-step process which is only one of several approaches.

1. Take a long, slow, deep breath and relax.
2. Clear all thoughts.
3. Connect with the baby, eye to eye if possible.

If baby avoids eye contact, place your hands gently but firmly on your baby's body and make a connection through your hands saying that you would like to hear what they have to say.

Stay with your baby, be relaxed and receptive whilst listening and observing their body language. Watch your baby's mouth and eyes. When you are sure that your baby feels heard and has said most of what was needed to be said then offer your comfort by rocking, walking, or patting to help get organized again. Invariably, a baby who feels heard will sleep more deeply afterward and will trust.

When we truly listen to our infants we are fulfilling all of their psychological needs. The underlying message is, "You are worthy of respect. You are valuable just the way you are." The baby is driven to agree and grows in confidence, feeling a place in the world. The baby's sensory receptors take this message in and the whole body relaxes. Vimala ends with:

*'The chalice of this infant's heart is filled to overflowing, and as she grows she will seek opportunities to share her love with others. And how will she do this? By following the model she has been given. She will be there for others in the way her caregivers have been there for her. What a lovely, healthy cycle!'*