



# Blossom & Berry

natural nurturing  
for little ones

By Gayle Berry

Your  
Guide To  
Baby Care &  
Baby  
Massage

Watch, listen &  
talk to your baby  
during massage

Use an organic  
sunflower seed  
oil for massage

Wash your  
hands

Avoid massage if.....

- Acute infections
- Fever
- Sickness
- Diarrhea
- Undiagnosed lumps and bumps
- Contagious Disease
- Serious Skin Complaints
- Inflammation
- Recent Hemorrhage
- Jaundice
- Meningitis
- Childhood Leukemia
- Brittle Bones
- Open cuts and sores



## The Basic Massage Routine

This stroke comes from Indian massage. Raise your baby's leg and secure the ankle with one hand. Place the other hand at the base of the thigh. Gently glide your hand up the length of the leg until you reach the ankle. Use the hand that has just been massaging to secure the ankle and place the other hand at the base of the thigh. Repeat the gliding motion to the ankle. Change hands again. Repeat this stroke between six and eight times.

Leg

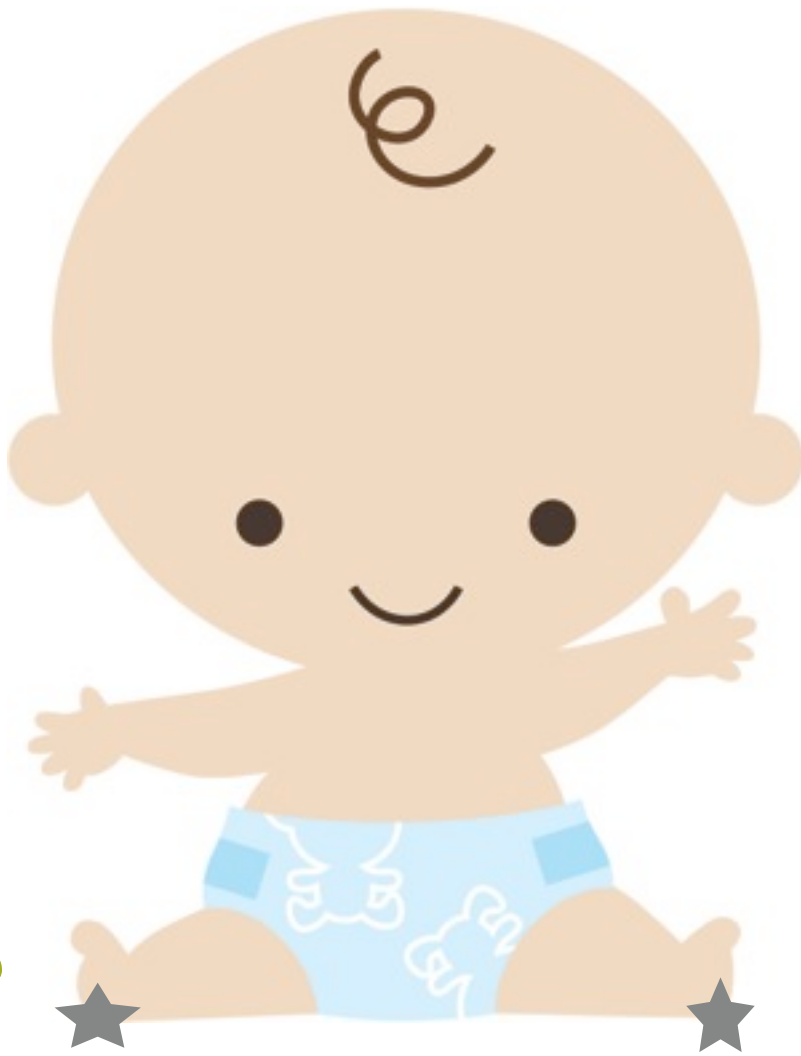


Place your hands at the base of the thigh, next to each other. Gently wrap your fingers around the thigh. Move your hands up the length of the thigh in a gliding motion as if you were wringing something out. Do not squeeze the thigh, just glide. When you reach the ankle, place your hands back at the top of the thigh. Repeat six to eight times.

Leg



Leg



### Sole Stroking

Cradle your baby's foot in your hands, sole facing you and gently stroke from the heel to the toes. Repeat six to eight times.

Foot

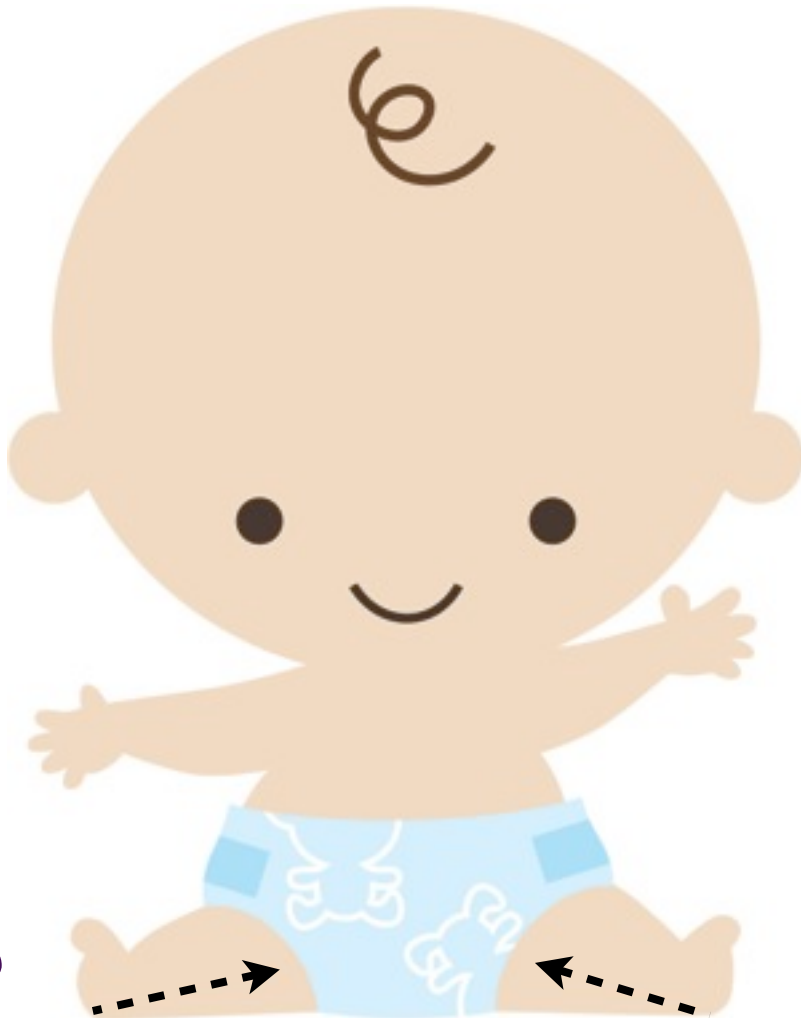
### Toe Rolling

Take each toe in turn and roll it. Try singing a rhyme whilst massaging the toes.

### Pressure Points

Hold baby's foot in your hand. Extend your first finger and place it under the ball of the foot, just under the toes and hold this position for a few seconds. Move your finger to the arch of the foot. Again press gently into the arch of the foot for a few seconds. Repeat this three times.

Leg



This stroke originates from Swedish massage. It is very similar to Indian draining except your hands are moving towards the body.

Swedish  
Milking

Raise your baby's leg and secure the ankle with one hand. Place the other hand at the base of the thigh. Gently glide your hand from the ankle down the length of the leg to the base of the thigh. Use the hand that has just been massaging to secure the ankle. Repeat the gliding motion to the base of the thigh. Change hands again. Repeat this stroke between six and eight times.