




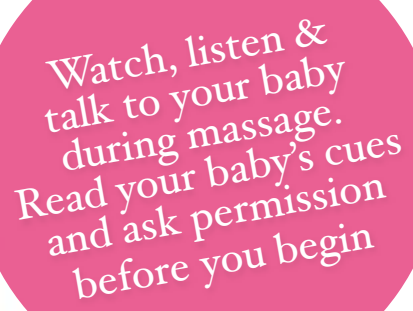
Blossom & Berry

natural nurturing
for little ones


By Gayle Berry



Your Guide To Newborn Massage



Watch, listen &
talk to your baby
during massage.
Read your baby's cues
and ask permission
before you begin



From 4 weeks,
use an organic
sunflower seed or
coconut oil for
massage



Wash
your hands
before you
begin

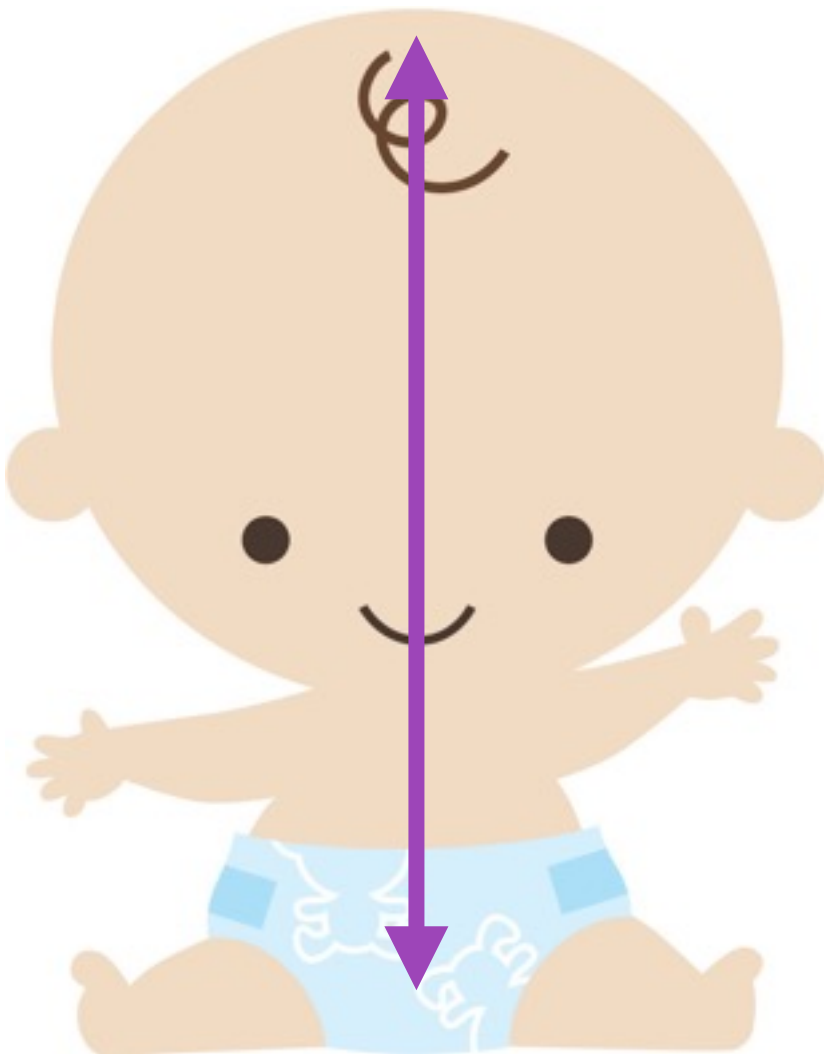
Avoid massage if.....

- 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



Hold

Containment Hold



The Newborn Massage Routine

Massage before 4 weeks should be done over clothes. Start by holding your baby in a containment hold with one hand on his head and one on his bottom to soothe and calm him. Ask his permission to massage. Hold for around 30 seconds to 1 minute.

Still Touch

Loving Still Touch

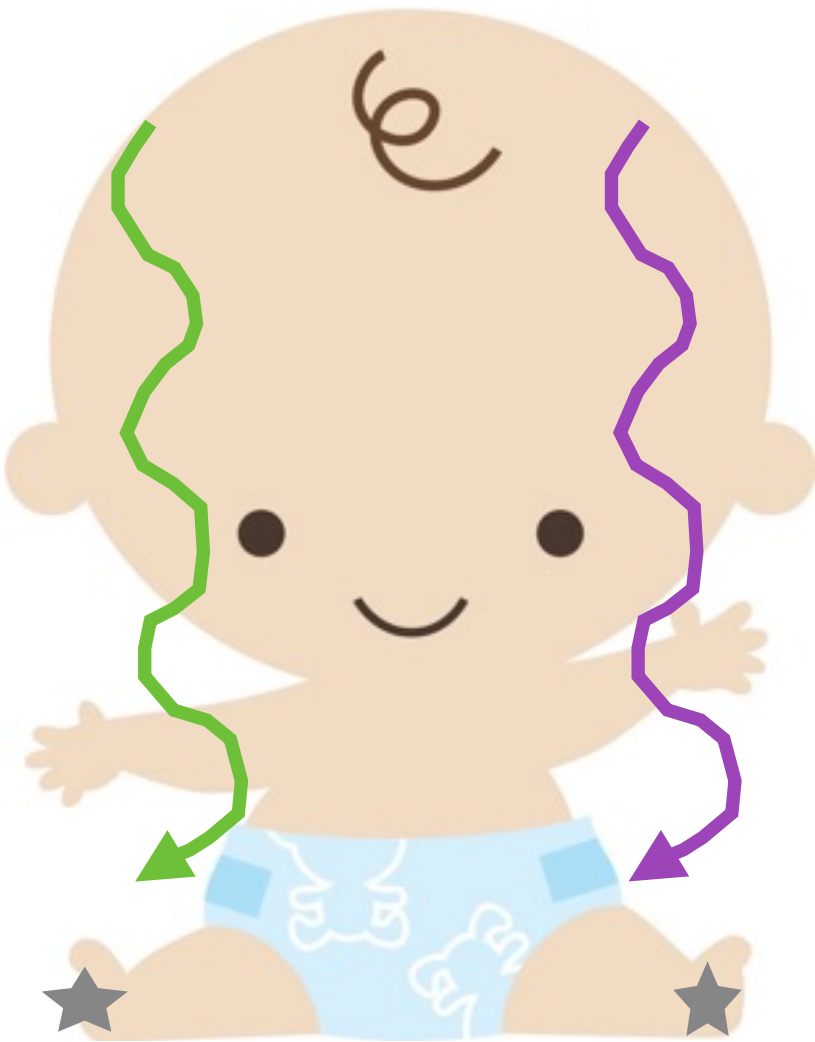


Place your hands on your baby moving down the body.

Each still touch should last around 5 seconds or longer.

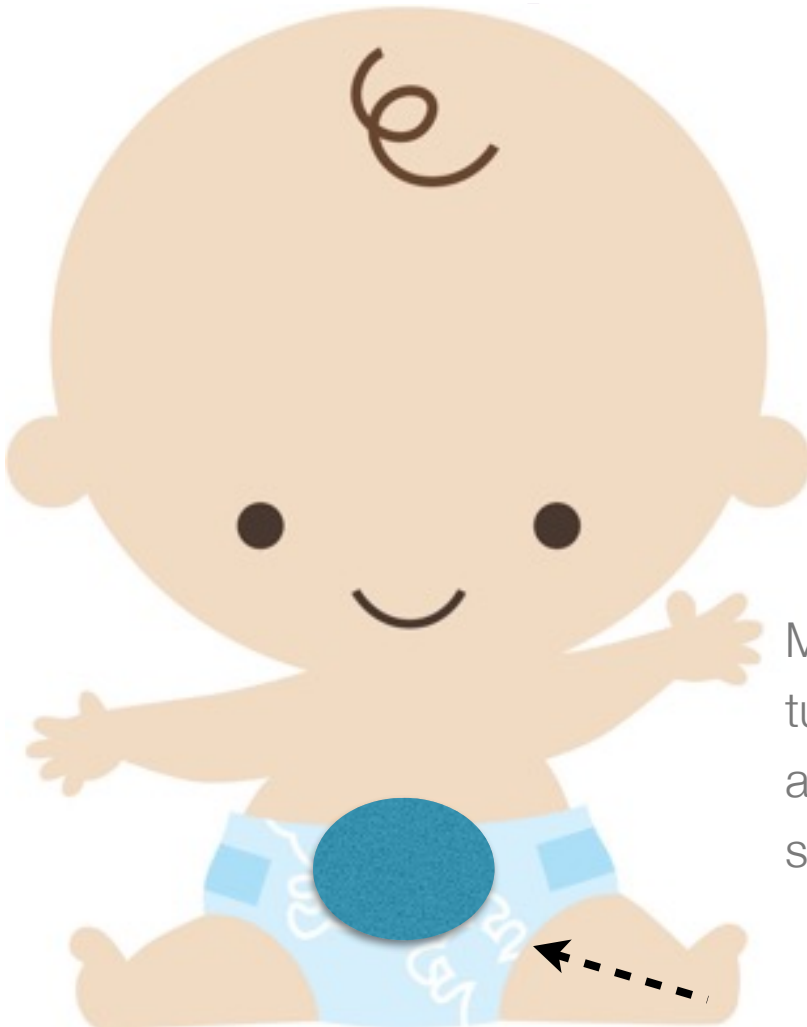
This will help to familiarise your baby with touch and prepare him for massage.

Love Strokes



Stroke your baby gently from the head to the toes gently. Avoid stroking his face directly. You could sing a little song whilst you do this.

Tummy Touch



Make contact with your baby's tummy by laying your hand flat across the soft part of the stomach. Rest your hand there

Sunshine



Using the fingers your left hand, make circles in a clockwise direction on your baby's stomach area. Always make circles in a clockwise direction following the direction of your baby's digestion. Do not press too hard on this area. Repeat six to eight times.

Moonlight



Once you have established the rhythm of the full circle, add your right hand and draw a half circle on the left hand side of babies abdomen area. Imagine baby's tummy has a clock on it with 12 at the top and 6 at the bottom, use the right hand to draw a half

Rainbow

Rainbow

Using the fingers of one of your hands, draw the shape of an upside down U or a rainbow from the right hand side of your baby's stomach to the left hand side. Repeat six to eight times.

Sleepy Strokes



Make a triangle shape on your baby's forehead with your thumbs being careful not to cover baby's eyes. Gently glide each thumb across the brow to your baby's temples. Do not put any pressure on the temple area or skull with your fingers. Repeat this gliding motion six to eight times.

Loving Still Touch



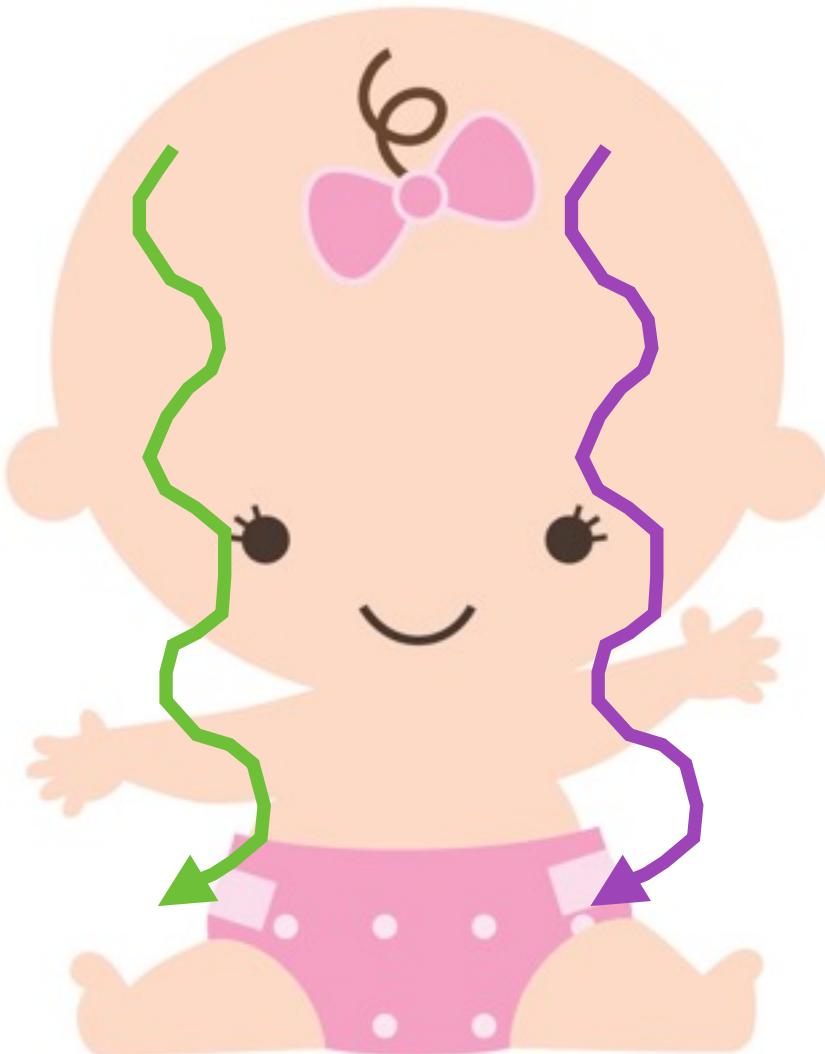
Still Touch

Routine From 4-8 weeks

Place your hands on your baby moving down the body.

Each still touch should last around 5 seconds or longer.

Love Strokes



Love Strokes

Stroke your baby gently from the head to the toes gently. Avoid stroking his face directly. You could sing a little song whilst you do this.

Leg

Indian Draining



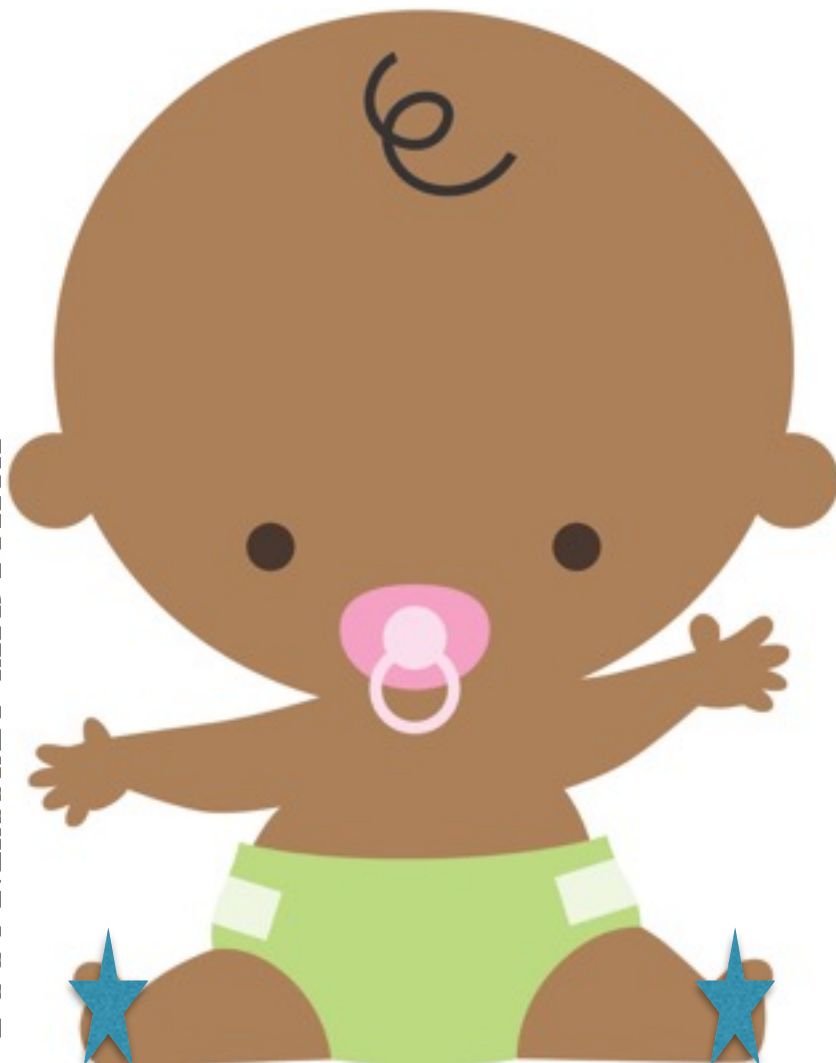
This stroke comes from Indian massage. Raise your baby's leg and secure the ankle with one hand. Place the other hand at the base of the thigh. Gently glide your hand up the length of the leg until you reach the ankle. Use the hand that has just been massaging to secure the ankle and place the other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

Sole Stroking

Foot

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 Massage and reflex



Pressure Points

Hold baby's foot in your hand. Place your thumb just at the bottom of the ball of the foot. This is the solar plexus point and can relieve tension, Press gently for a few seconds. Repeat this three times.

Leg

Swedish Draining



This stroke comes from Swedish massage. Raise your baby's leg and secure the ankle with one hand. Gently glide your hand down the length of the leg until you reach the thigh. Use the hand that has just been massaging to secure the ankle and place glide the other hand to the base of the thigh. Repeat the gliding motion to the thigh. Change hands again.

Tummy

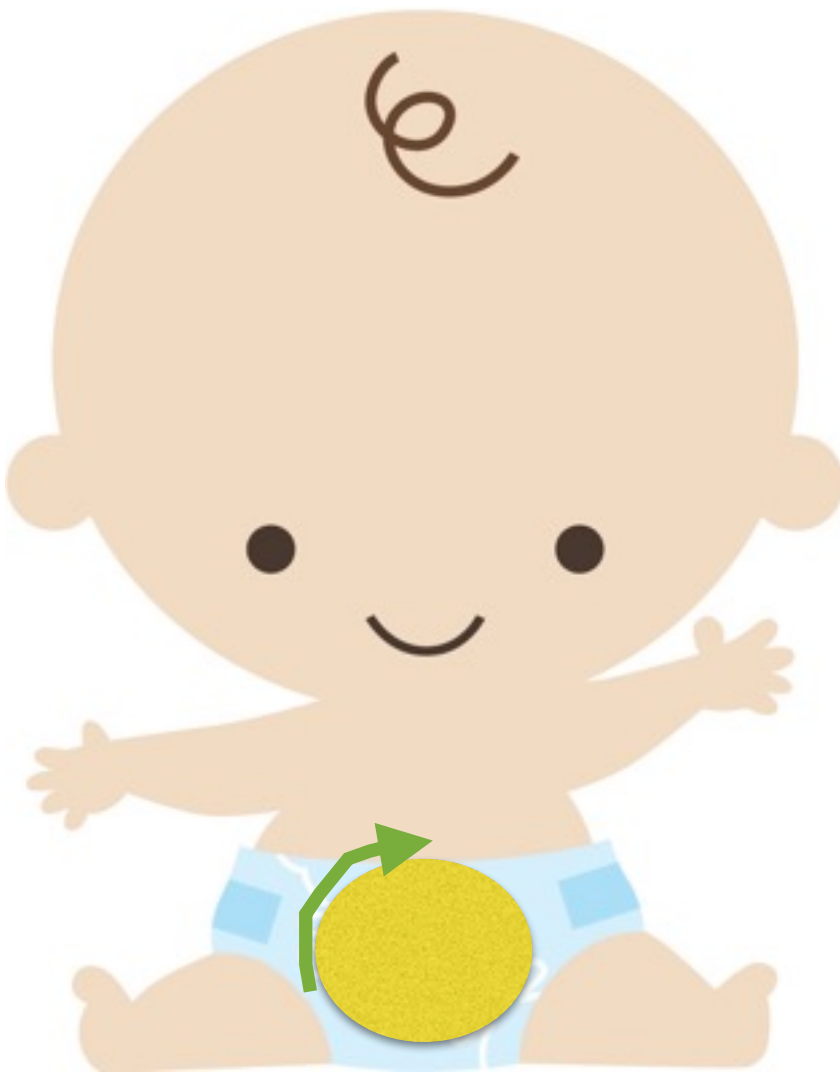
Tummy Touch



Make contact with your baby's tummy by laying your hand flat across the soft part of the stomach. Rest your hand there for 30 seconds or more.

Tummy

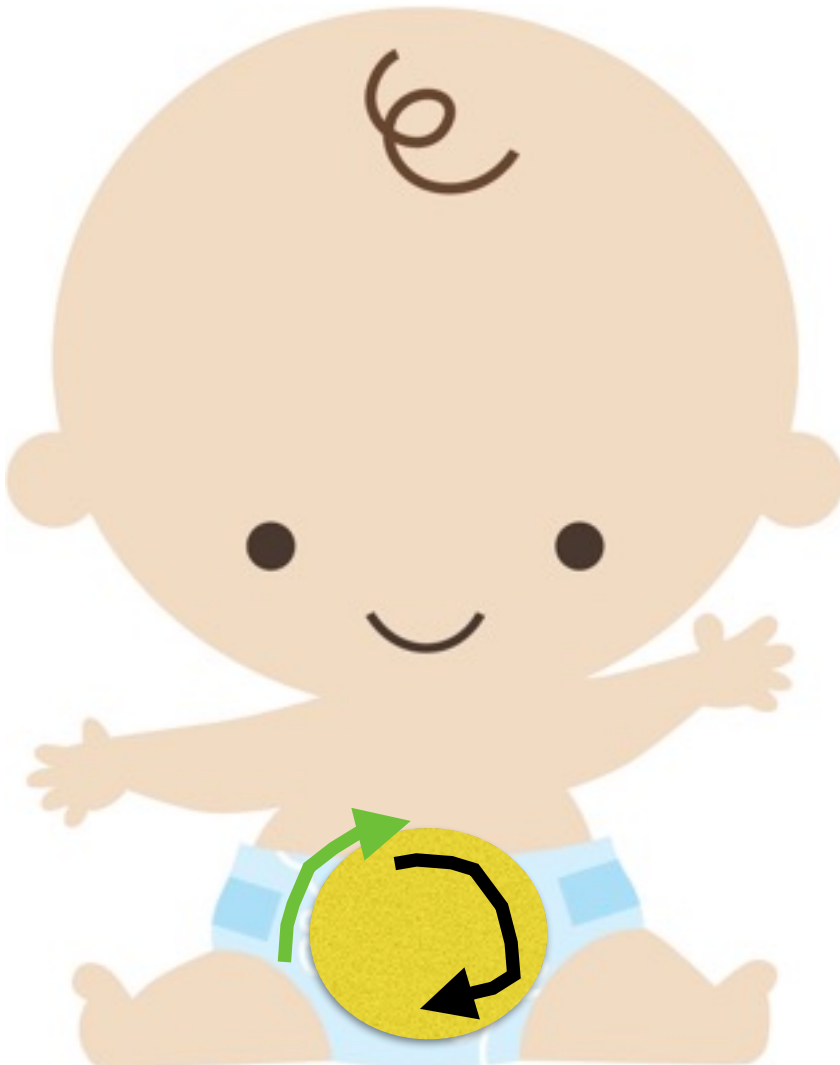
Sunshine



Using the fingers your left hand, make circles in a clockwise direction on your baby's stomach area. Always make circles in a clockwise direction following the direction of your baby's digestion. Do not press too hard on this area. Repeat six to eight times.

Tummy

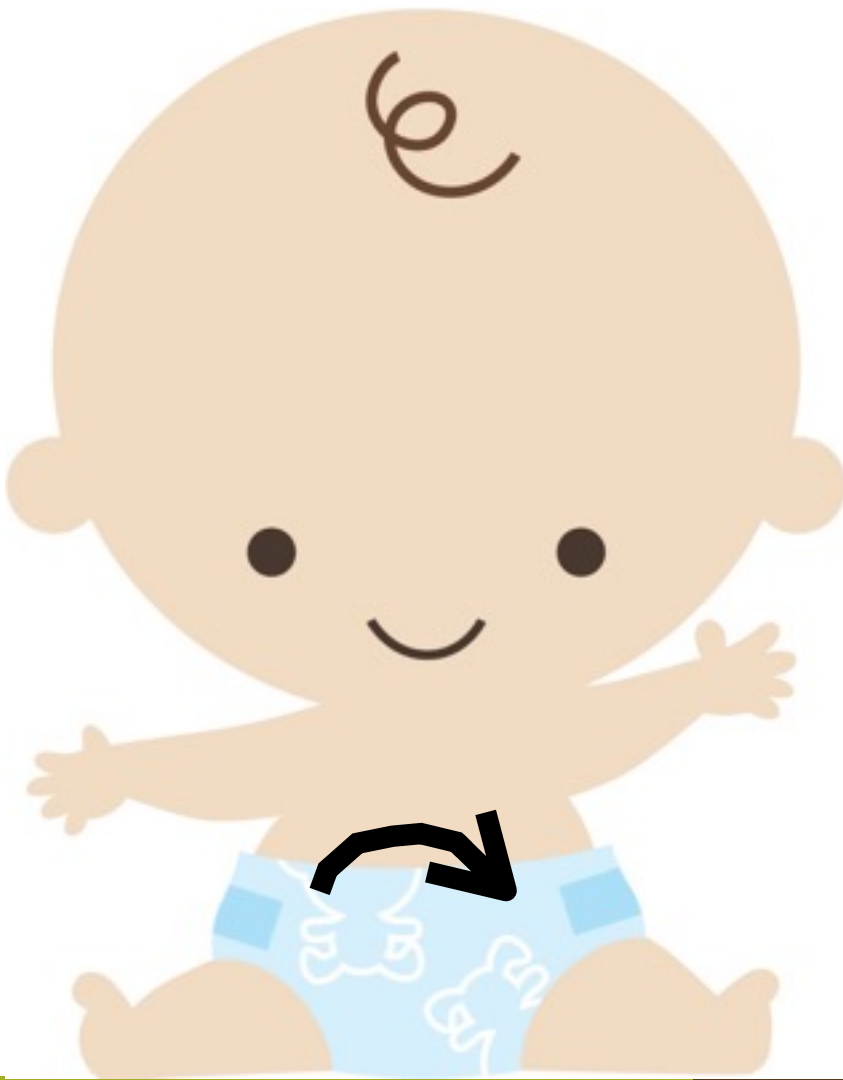
Moonshine



Moonlight

Once you have established the rhythm of the full circle, add your right hand and draw a half circle on the left hand side of babies abdomen area. Imagine baby's tummy has a clock on it with 12 at the top and 6 at the bottom, use the right hand to draw a half circle from "9 to 5" on the clock.

Rainbow

Rainbow

Using the fingers of one of your hands, draw the shape of an upside down U or a rainbow from the right hand side of your baby's stomach to the left hand side.

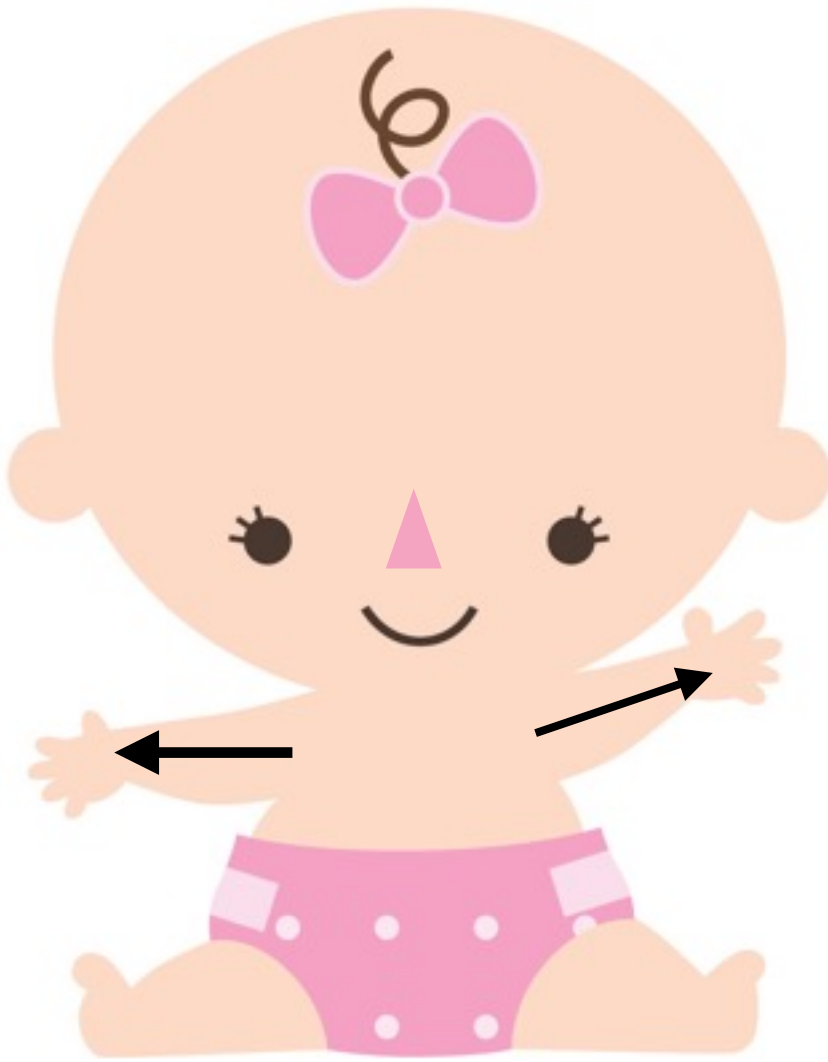
Hand to Heart



Place your hands on your baby's chest and breathe for 30 seconds.

Make eye contact with your baby and feel him breathe.

Indian Draining



Raise your baby's arm and secure the wrist with one hand.

Place the other hand around the top of the arm next to the shoulder. Gently glide your hand up the length of the arm until you reach the wrist. Use the hand that has just been massaging to secure the wrist and place the other hand round the top of the shoulder. Repeat the gliding motion to the wrist. Change hands again. Repeat this stroke between six and eight times.

Massage



Massage gently into your baby's hand to relax him. He may grasp your finger.

Hand

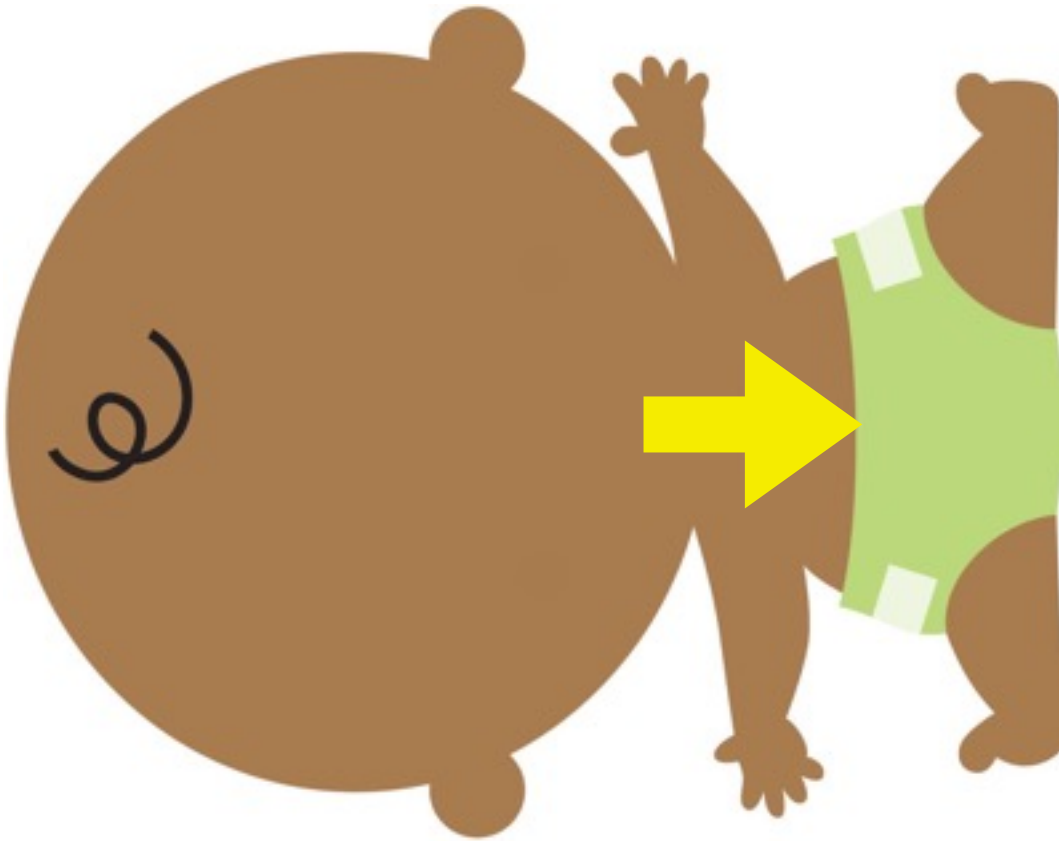
Sleepy Strokes



Face

Make a triangle shape on your baby's forehead with your thumbs being careful not to cover baby's eyes. Gently glide each thumb across the brow to your baby's temples. Do not put any pressure on the temple area or skull with your fingers. Repeat this gliding motion six to eight times.

Back Stroking



Back Stroking

Cup one hand around your baby's buttocks. Place the other hand at the top of your baby's back and gently stroke down to the buttocks. Repeat this stroke six to eight times. Continue this stroke to bring the hand down from the buttocks to the ankles and repeat this stroke 6-8 times.

Benefits



Baby Massage may help to soothe and calm your baby. It can help with tummy problems, teething pains, colds and congestion and dry skin.

Benefits



Baby massage releases “cuddle chemicals” which may help your baby to relax. When babies relax studies have shown that they may sleep better and have a greater appetite which can enhance general health and promote weight gain.

Benefits



Baby massage boosts circulation of blood, helps strengthen muscles and joints. Skin contact stimulates the nervous system helping develop connections in the brain.

Benefits



Baby massage offers a way to get to know your baby, enhance interaction and to communicate to him/her that he/she are loved and respected.

Early positive interaction for babies is very important to help them adjust to the world from the womb and to establish a secure attachment with a carer.



Baby Care

Keep your baby warm/cool

Dry your baby properly after a bath.

Check baby is not too hot or cold.

Use a hat or a blanket if you need to keep baby warm.



Baby Care

Always wash your hands

Wash your hands before you massage your baby.

Wash your hands after you have been to the toilet or changed a nappy.



Baby Care

Practice skin to skin contact

Use a sling if possible.

Keep baby close to your skin.

Breastfeed if you are able.



Baby Care

Be responsive to your baby

Smile at baby.

Talk to baby.

Take care of your baby's needs.

Respond to baby if he/she cries.

CPR & Choking

Directions

Basic first aid for babies.

Learn how to help save a baby's life.

CHOKING

Look in your baby's mouth. If you can hook out the object.

Turn baby on their back.

Slap the back upwards x 5.

Turn your baby on the front.

Compress the chest under the ribs with two fingers in an upwards movement x 5.

Repeat until the item is removed or do CPR if they stop breathing.

Directions

1. Check your baby is breathing. **LISTEN AND LOOK.**
2. Check if they have swollen something.
Remove if possible (see above on choking)
3. Tilt baby's head back
4. Blow into the mouth and nose and do chest compressions with 2 fingers in the centre of the chest

5 rescue breaths AND 30 chest compressions

5. Continue to do;

2 breaths and 30 chest compressions.

6. Call for help and repeat 2 breaths to 30 chest compressions until help arrives.

Directions

