



# Baby Massage Instructor Course Day 1







Welcome !

Name

What do you do?

What attracted you to this course?

What challenges do you face?





Gayle Berry,  
Founder of Blossom & Berry



# Ground Rules



## Housekeeping

10am - 4.30pm

Morning tea - 11.15am - 11.30am

Lunch - 1pm - 1.45pm

Afternoon tea - 3pm - 3.15pm

## How do you want to work together?

Let's establish some ways in which we feel safe and supported over the next couple of days.

## Use the chat box

I'll have the chat box open at all times. Please feel free to interrupt me at anytime or pop any questions you have in the chat box.



# What will I learn?

## Day 1

### Baby Massage Instructor Course

- Professionalism, ethics and the roles of the instructor
- Origins of baby massage
- Anatomy & physiology of the infant
- Infant sensory awareness
- Benefits of positive touch and research studies relating to baby massage
- Setting up your classes, oils, creating the right environment for baby massage
- Baby massage routine

## Day 2

### Baby Massage Instructor Course

- Teaching techniques for successful learning
- Presentation skills and how to face challenging situations
- Baby massage assessment
- Marketing and setting up a business



# Assessment

## Attend all live zoom calls

Practical teaching assessment on day 2

## Written assignment

Short Question And Answers at the end of each module.

Please email to [amy@blossomandberry.com](mailto:amy@blossomandberry.com)

## Case studies





# Necessary resources for your classes



- Demonstration dolls
- Yoga mats
- Oil
- First Aid Kit
- Cushions
- Incident book





# Recommend reading

Love Letters For New Mothers - Blossom & Berry  
Mother Light - Blossom & Berry

Why Love Matters - Sue Gerhardt  
Vital Touch - Sharon Heller  
Infant Massage- Vimala McClure  
Well balanced child - Sally  
Goddard Blythe

Whole -Brained Child - Daniel J  
Sigel + Tina Payne Bryson





# MODULE 1

Professionalism & Ethics







Our classes provide:

- Time for baby
- Relief for colic and support unsettled babies
- Enhance parent/baby communication
- Opportunities for parents to meet the early developmental needs of babies through touch, movement, sight and sound
- Opportunities to enhance the bonding process between carer and baby
- Time for parent and baby to spend together

Classes also aim to:

- Encourage instinctive parenting
- Build confidence
- Enhance a sense of community amongst parents
- Help parents be inspired by baby and understand baby more
- Present an opportunity for time out from a hectic world and domestic/life pressures
- Allow parents to feel “normal” and share experiences
- Teach parents a new skill for life
- Empower parents and help them grow in self belief
- Provide an opportunity to talk about experiences.

# Blossom & Berry

## Philosophy







# Professionalism & Ethics

We are you to respect the following principles as an instructor:

The importance and uniqueness of the parent/child relationship must always be central to any activities in classes. It must be respected at all times

During your classes parents should massage with their own baby.

You may find that a nanny or childminder may ask you to teach him/her baby massage with the baby in their charge. It is possible to do this but the nanny/child minder/third person must have the written consent of the parent and it would also be advisable to speak to the parent yourself to make sure that they are aware of what will be going on in the class.

LOVE CREATES LOVE  
TEACH  
Love





# Professionalism + ethics

**Confidentiality**

**Experts in  
baby massage**

But not of babies in  
general

Professional limits

**Do not  
diagnose**

Refer to  
appropriate  
professionals  
when applicable

**Record keeping**

Oils, attendance etc

**Legalities**

Employment, insurance etc

**Avoid controversial topics**

Feeding, sleeping, vaccinations, politics

# Legal Aspects

Sole Trader?

Limitations of  
accreditation

only to give classes to  
parents and carers

Health &  
Safety

Professional  
Indemnity and  
Public Liability  
Instruance

Working from  
home?

Data Protection





# Preparing for your classes

Necessary equipment

Finding the right location

Decide dates / days times

Defining price

Booking registration -  
online booking system

Setting up the room

Materials for parents /  
carers (oil, handouts etc)



# BREAK Morning Tea

See you back here at 11.30am





# MODULE 2

Anatomy + Physiology of the infant



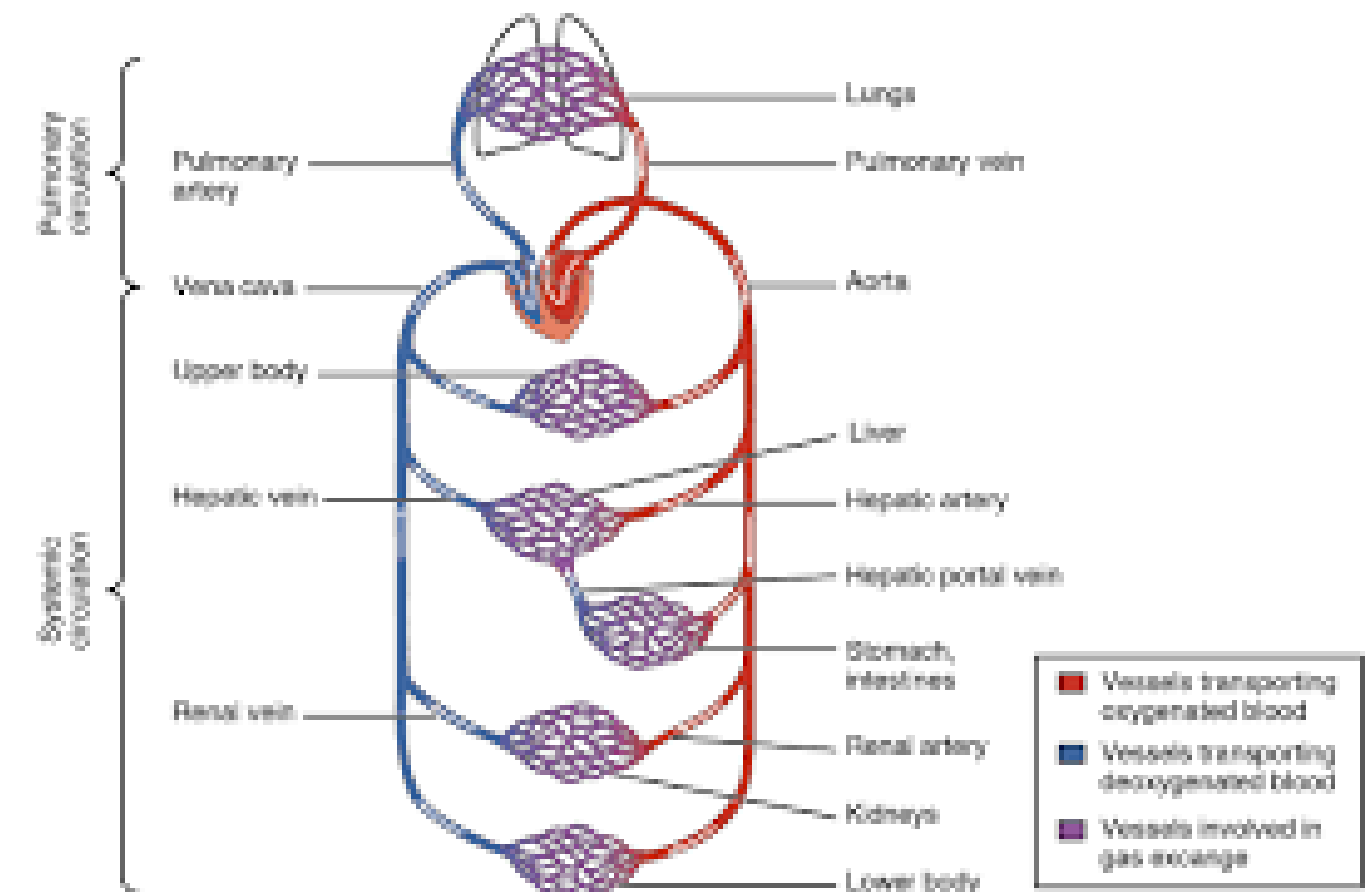
# Circulatory System

13



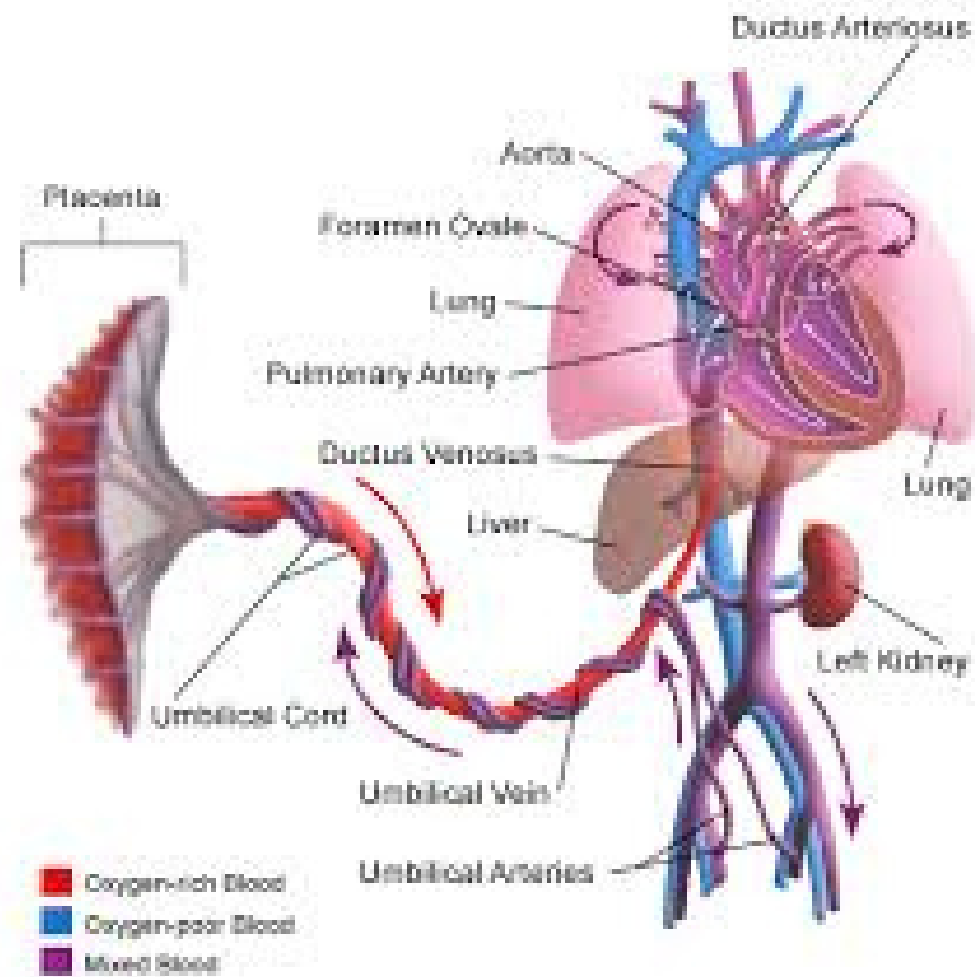
The circulatory system, also called the cardiovascular system or the vascular system, is an organ system that permits blood to circulate and transport nutrients (such as amino acids and electrolytes), oxygen, carbon dioxide, hormones, and blood cells to and from the cells in the body to provide nourishment and help in fighting diseases, stabilize temperature and pH, and maintain homeostasis.

The circulatory system includes the lymphatic system, which circulates lymph.





## Fetal Circulation



# Cardiovascular System

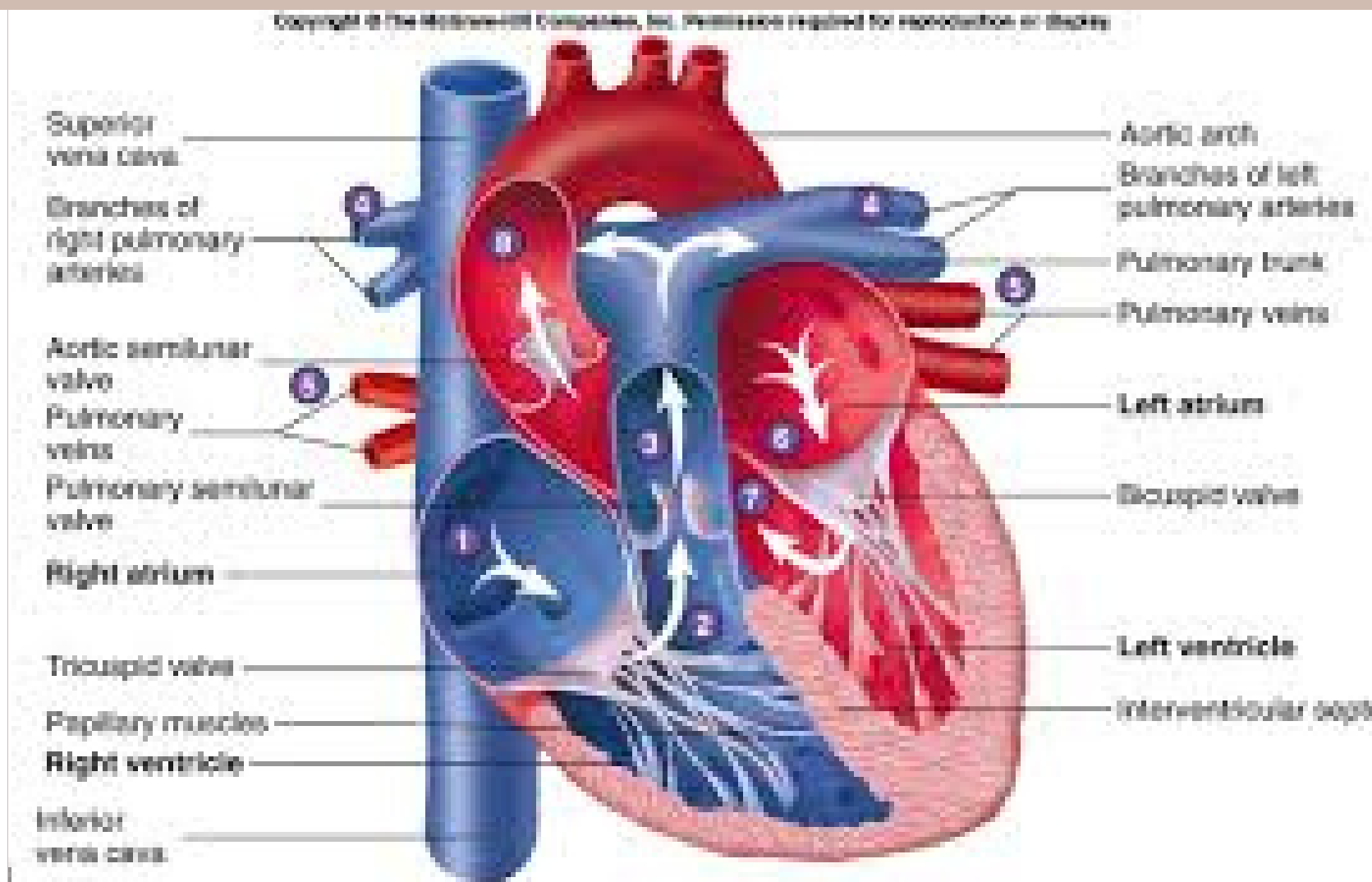
In the womb, the blood circulates through the placenta to supply to baby.

Three chambers in a baby's heart until birth.

When the baby is born, the blood starts to circulate through his/her own heart.

Circulation still immature - particularly to extremities.

Blood is thinner in babies - vitamin K offered at birth.





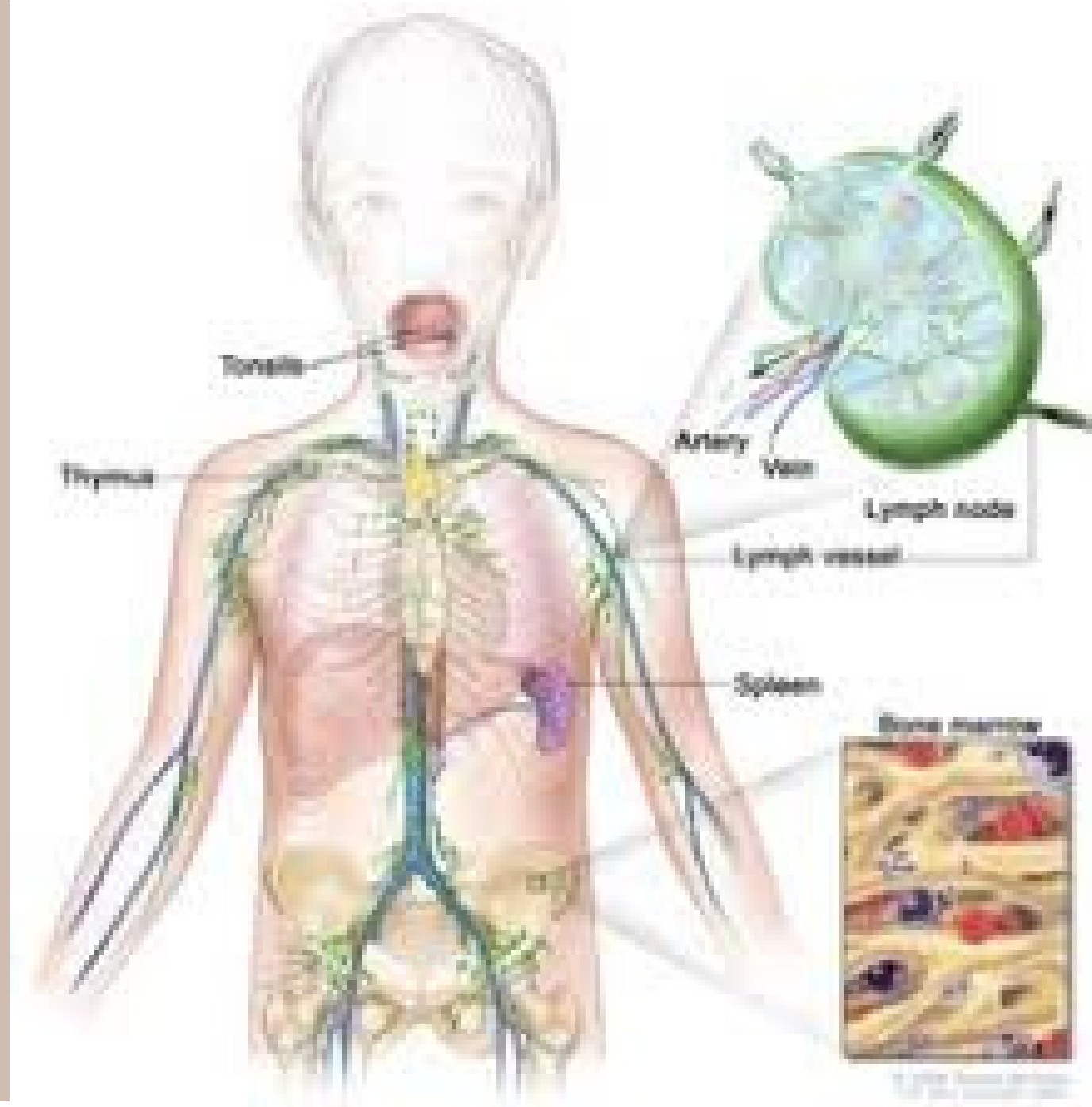
Massage helps boosting circulation, removing waste products from the body and transporting fresh oxygen and nutrients to all body tissues.

**Precaution: Heart/Circulatory problems, avoid movements away from heart (indian massage) on leg and arms. Avoid chest strokes in heart conditions, instead use nurturing touch. Babies with heart conditions, make strokes towards the heart (swedish massage) lighter or avoid all together. Safer to get medical consent/advice if these conditions are present.**





# Lymphatic System



Comprises of vessels, nodes and glands, plus lymph itself. Lymph is a colourless fluid that forms in our body and surrounds all our body's tissues. Extra fluid that comes from the body's tissues drains into small lymph vessels. It flows constantly through the lymph vessels and is filtered through the lymph nodes. The fluid then drains back into the bloodstream.

When the lymph doesn't flow correctly, that area of the body can suffer from inflammation due to accumulation of interstitial fluid, this is known as edema.

As well as this fluid, the body can accumulate toxins and waste products which can cause pain, swelling and other issues.





# Lymphatic + Immune System

The lymphatic system drains away waste products in the body as well as produces lymphocytes which fight infection and help protect against disease.

In the lymphatic circulation there is no driving/boosting organ, like in the blood circulation, where the heart acts like a pump. Movement of the lymph is therefore slower, pushed by the pulsation of nearby arteries, muscular and body movements.







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Massage can help increase the lymphatic flow of the body, helping processing and expelling toxins and waste products.

**Precaution:** In time of illness (particularly when there is fever), the lymphatic system will be working very hard to purify the body from unwanted toxins. The lymphatic glands will be very sensitive. To avoid pain and discomfort in case pressure is applied on the glands, is better to avoid massage until the baby is fully recovered.

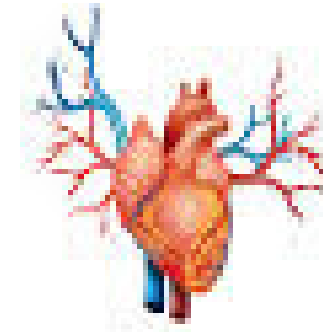




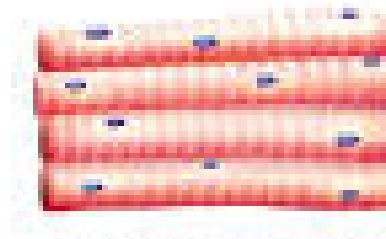
# Muscular System



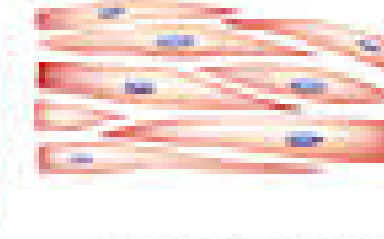
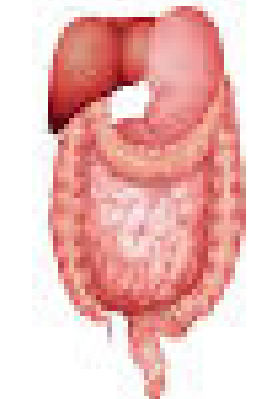
## Types of Muscle



**Cardiac muscle**  
Striated  
Involuntary



**Skeletal muscle**  
Striated  
Voluntary



**Smooth muscle**  
Non-Striated  
Involuntary

Which type of muscle does baby massage focus?

On the skeletal muscles! This allows voluntary and conscious movements such as crawling and walking. In tummy massage, we work in smooth muscles.







Massage increases the blood supply in the muscles, bringing oxygenated blood and nutrients and taking away waste products, reducing muscles fatigue and warming up the muscles.

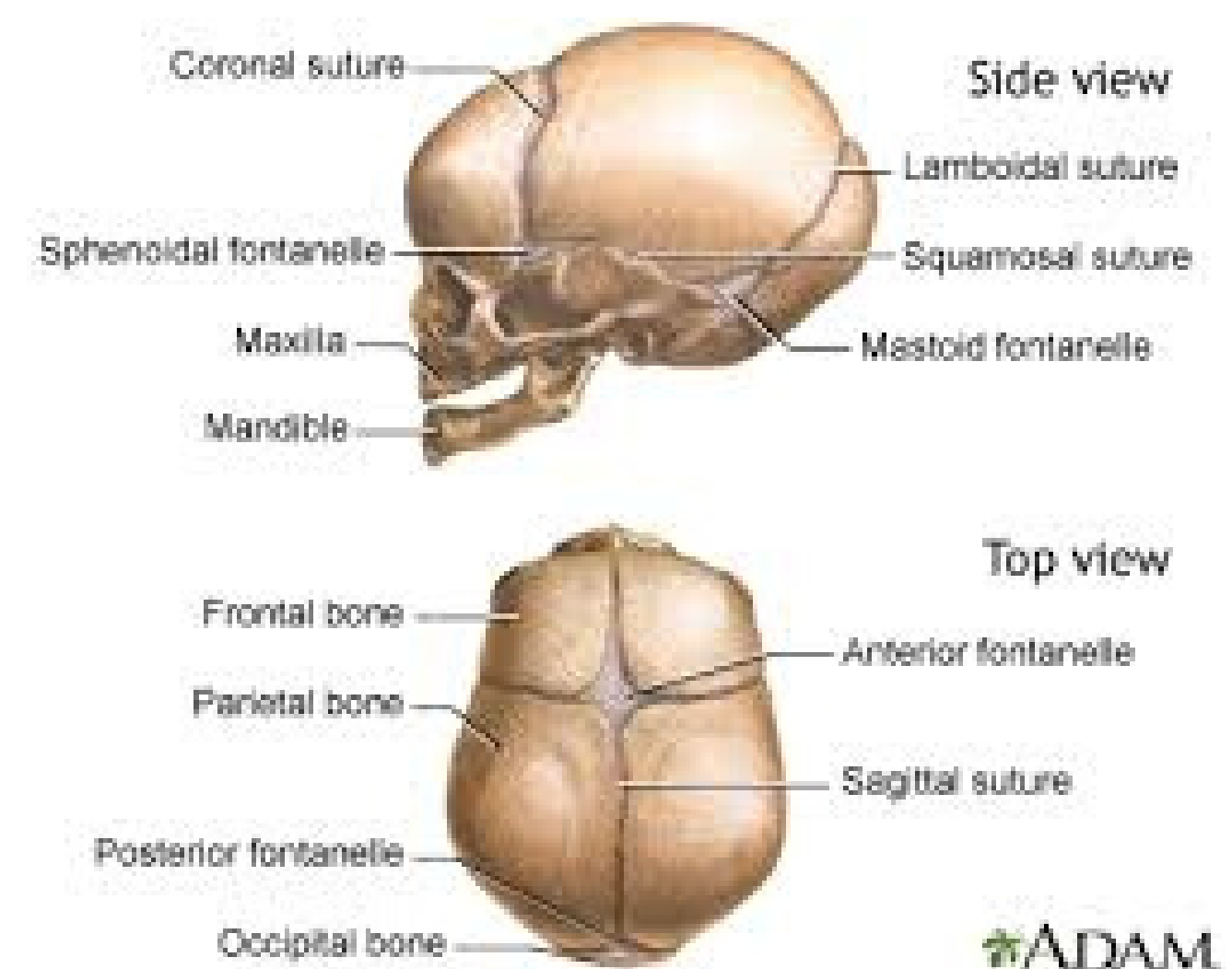
Regular massage helps muscles become firmer and more flexible, more malleable and elastic. Massage is very helpful in cases of hypotonia and hypertonia.

**Precaution:** Massage firmly in areas with more musculature (like the thighs), be more gentle in less fleshy areas (such as the chest). Apply moderate pressure when massaging so that the strokes are not ticklish, pressure to get into the second layer of the skin to aid relaxation.





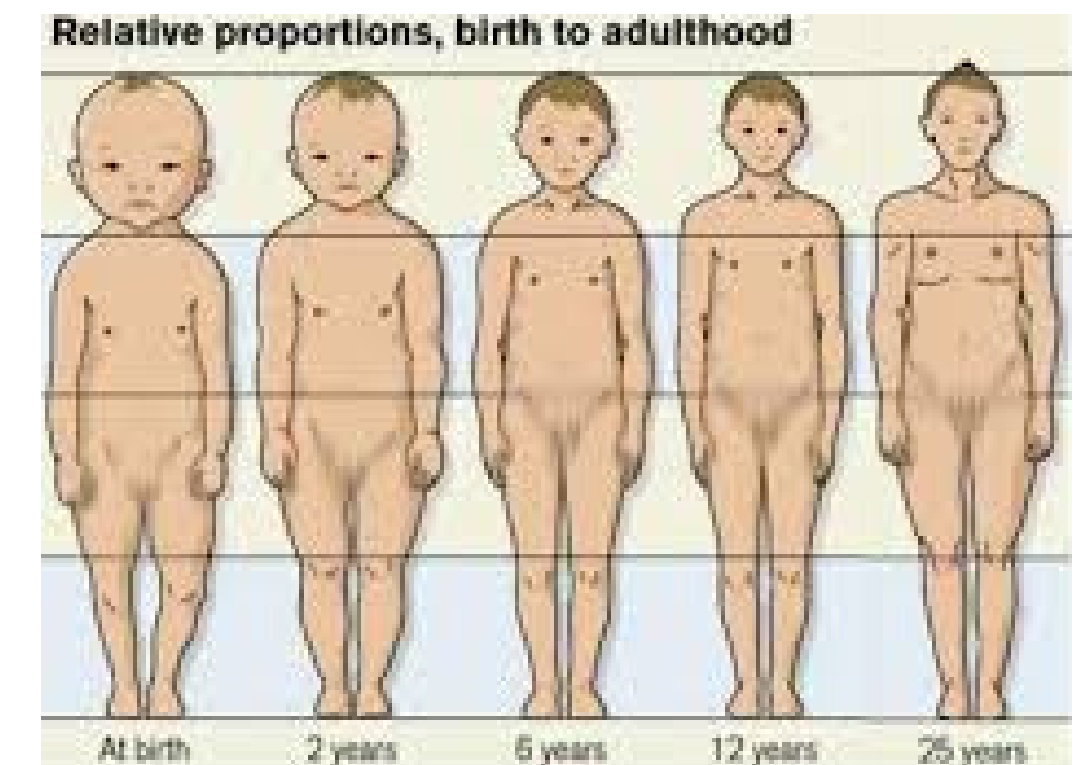
# Skeletal System



How many bones do babies have when they are born compared to an adult?

Skull + Legal Aspects

The size of the baby's head is about 1/4 of his or her body compared to an adult that is 1/8.







Massage helps facilitating mobility in the joints, enhances flexibility and muscle strength as well as increasing circulation to the bones favouring growth (through the production of growth hormone - somatotropin).

**Precautions: Do not apply pressure on the skull or head during massage.**

**Avoid putting excess pressure on the joints as they are very malleable, movements should glide on the skin and joints  
Be very careful when massaging arms and legs, do not stretch them abruptly, work with baby's natural flexibility, do not force any movement**

**Do not apply direct pressure on the spine when massaging the back.**





# Digestive System



How big is a newborn's stomach?



[www.letmommysleep.com](http://www.letmommysleep.com)

The baby will ingest the same amount of air than milk when feeding, that is why it is so important to help them burp after each feed.

What size is the stomach of a baby?





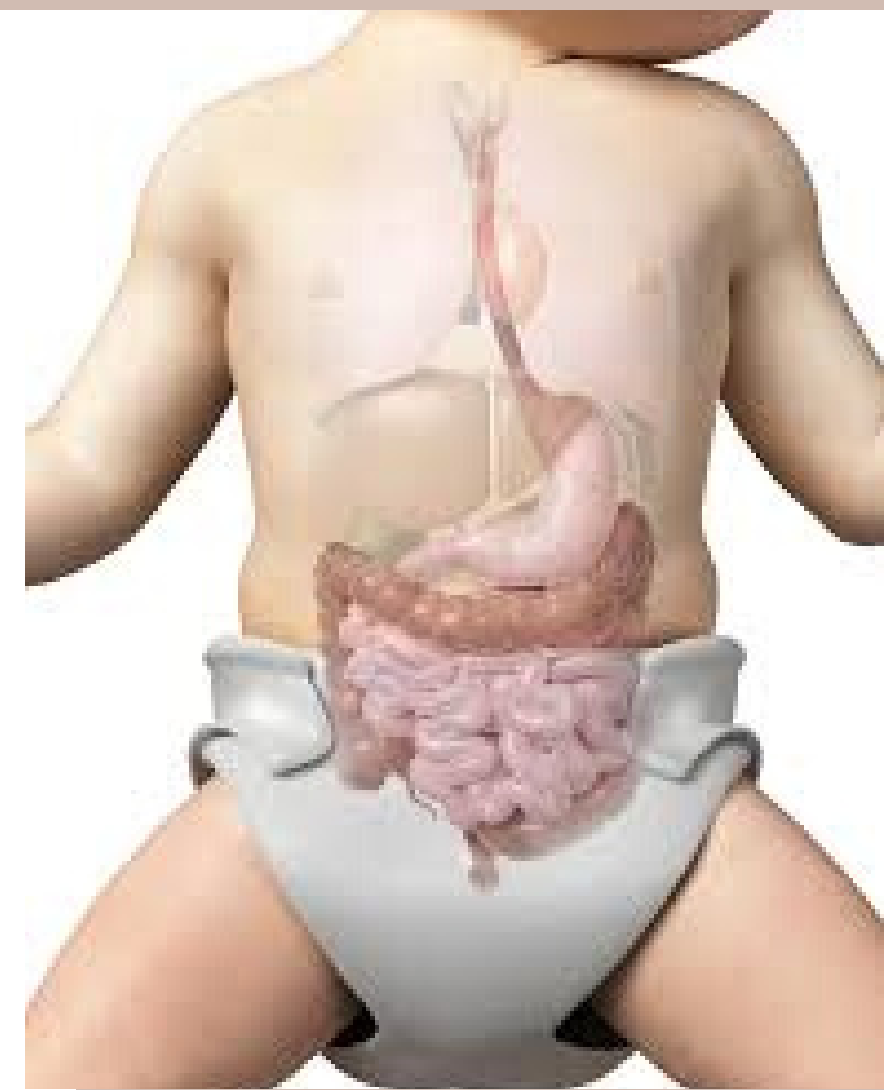


Massage is effective at stimulating the colon thus aiding digestion and excretion of waste products. Peristalsis (the movement of food through the bowel) can be increased by massage over the abdomen. Massing the liver also stimulates cell activity and helps increase baby's metabolism and the expulsion of waste products. Massage on the abdomen can be particularly useful for babies with colic.

**Precautions:** When massaging the tummy, movements are always clockwise and downwards, below the ribs. This is because peristalsis occurs in this direction.

One must be careful not putting pressure directly on the belly button.

The massage movements must be done below the diaphragm, so that they assist peristalsis correctly.



# Digestive System

Neonatal Jaundice



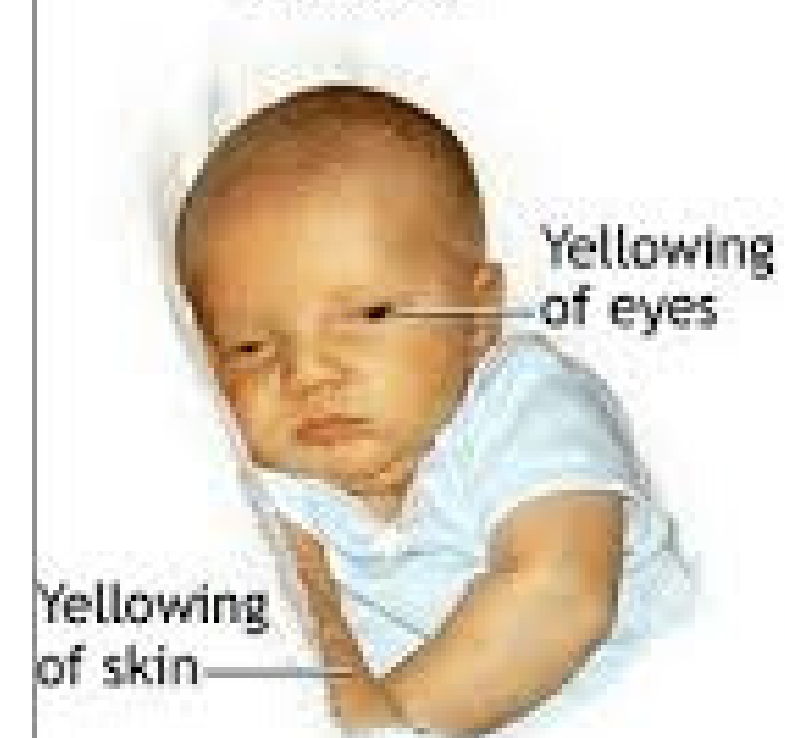
Neonatal Jaundice  
Precaution: it is a contraindication for baby massage.

This condition is common in 15% of healthy breastfed babies, caused by the immaturity of the hepatic function, it becomes worse with dehydration.

If the bilirubin gets to the intestines, it will cause faeces to be dark green  
Most of the times this condition doesn't harm long term and improves without treatment within 1-2 weeks

The bilirubin is a yellow substance that the body produces when it replaces the old red cells. The liver helps breaking down this substance so that it can be eliminated via the faeces.

Jaundice



Excess bilirubin in blood

Kernicterus



Bilirubin moves from bloodstream into brain tissue



# Skin



Massage can help improving the condition of the skin, removing dead cells and stimulating sebaceous glands. It can also help maintaining the skin healthy and resistant to infections.

Babies are very sensitive to touch because of the high concentration of nerve endings in the dermis layer of the skin. Depending on the pressure used in massage, the effect of touch can have a stimulating or relaxing effect on the body.

One third of the toxins of the body goes out through the skin. It is important that skin pores are not blocked to help eliminate waste products. A vegetable based oil helps lubricating the skin, providing nutrients and absorbing more easily.



# Skin



The skin is known as ‘the third lung’ or ‘third kidney’ in Chinese culture, which illustrates its role of eliminating waste products from the body

Precautions: Massage can help skin suffering from eczema, only in areas where the skin is not opened, severely irritated or weeping.

If this is the case, then eczema is a contraindication.

Avoid mineral and essential oils for baby massage.

The emollients (like the ones used for eczema) should not be applied in the direction of hair growth and therefore are not appropriate for massage as pores can be blocked.

The baby’s skin is very thin, the epidermis is weakly linked with the dermis, even friction can cause bruises.





# Respiratory System



Massage helps with the circulation of oxygen and carbon dioxide in the body. The chest massage and movements on the thorax's joints, can help improve the condition, strength and function of the lungs, increasing the flow of blood in this area.

Relaxation during the baby massage class encourages deeper breathing, supporting the oxygenation of the body's cells.

## Precautions:

The movements on the chest should start from the lower ribs upwards, avoiding the abdominal area.

Do not put pressure on the neck to avoid blocking the pharynx and larynx and to avoid obstructing the flow of air.

When teaching the back massage, move the head of the demonstration doll to one side, to model a position where the nose is not blocked with the floor.



# Urinary System



Massage helps increasing the production of urine and therefore, helps removing waste products from the body.

## Precautions:

The kidneys are protected by the ribs and muscles covered with a layer of fat, however, they are delicate and one has to be careful not applying a lot of pressure when massaging the back.

When massaging the lower abdomen, do not put excess pressure on the bladder as this will be uncomfortable for baby.

During class, it is recommendable to have spare baby wipes at hand, so that parents feel that it is safe and it is allowed to take baby's nappy off during the massage.





# BREAK

## It's lunch time!

See you back here at 1.45pm



# Nervous System

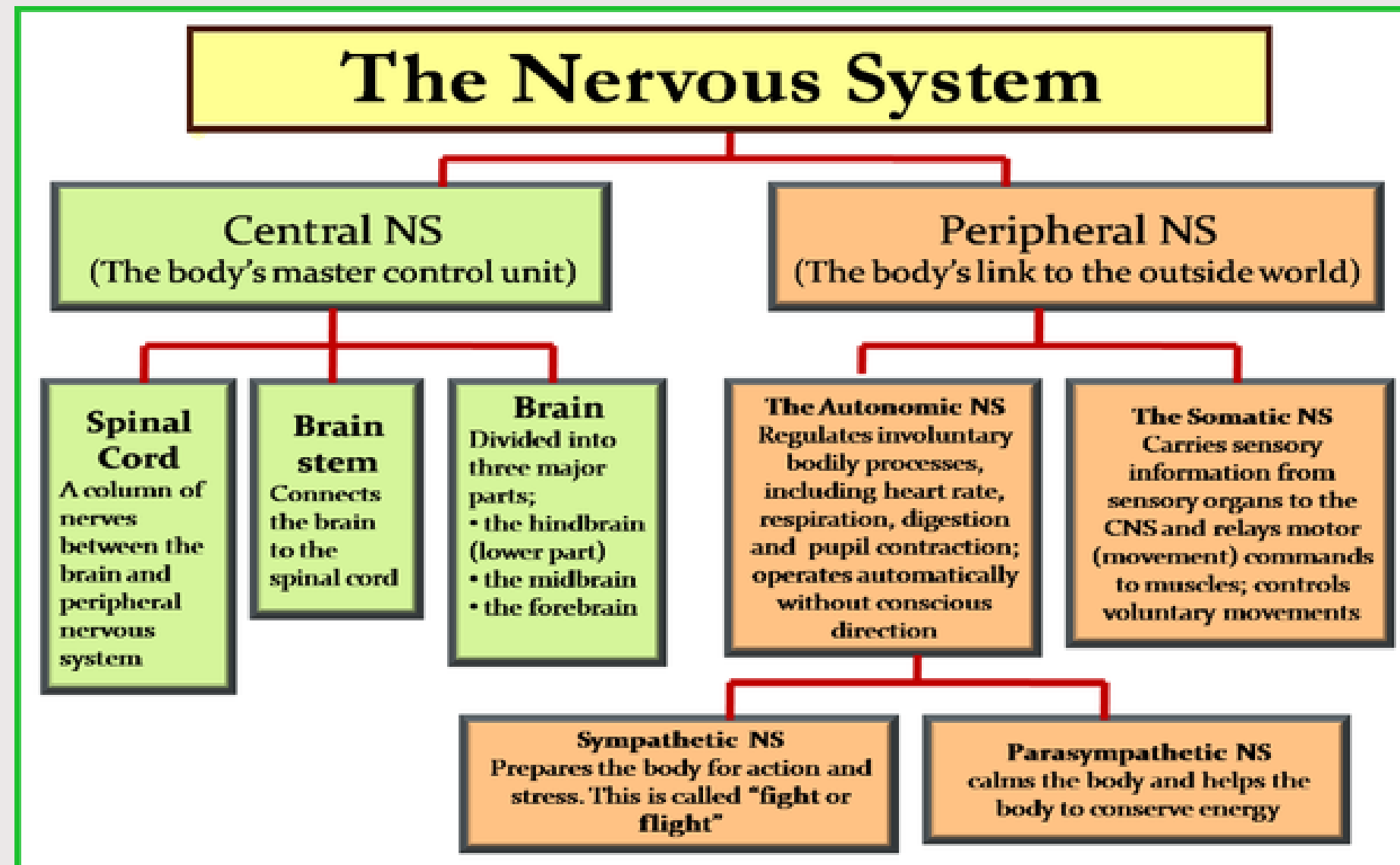


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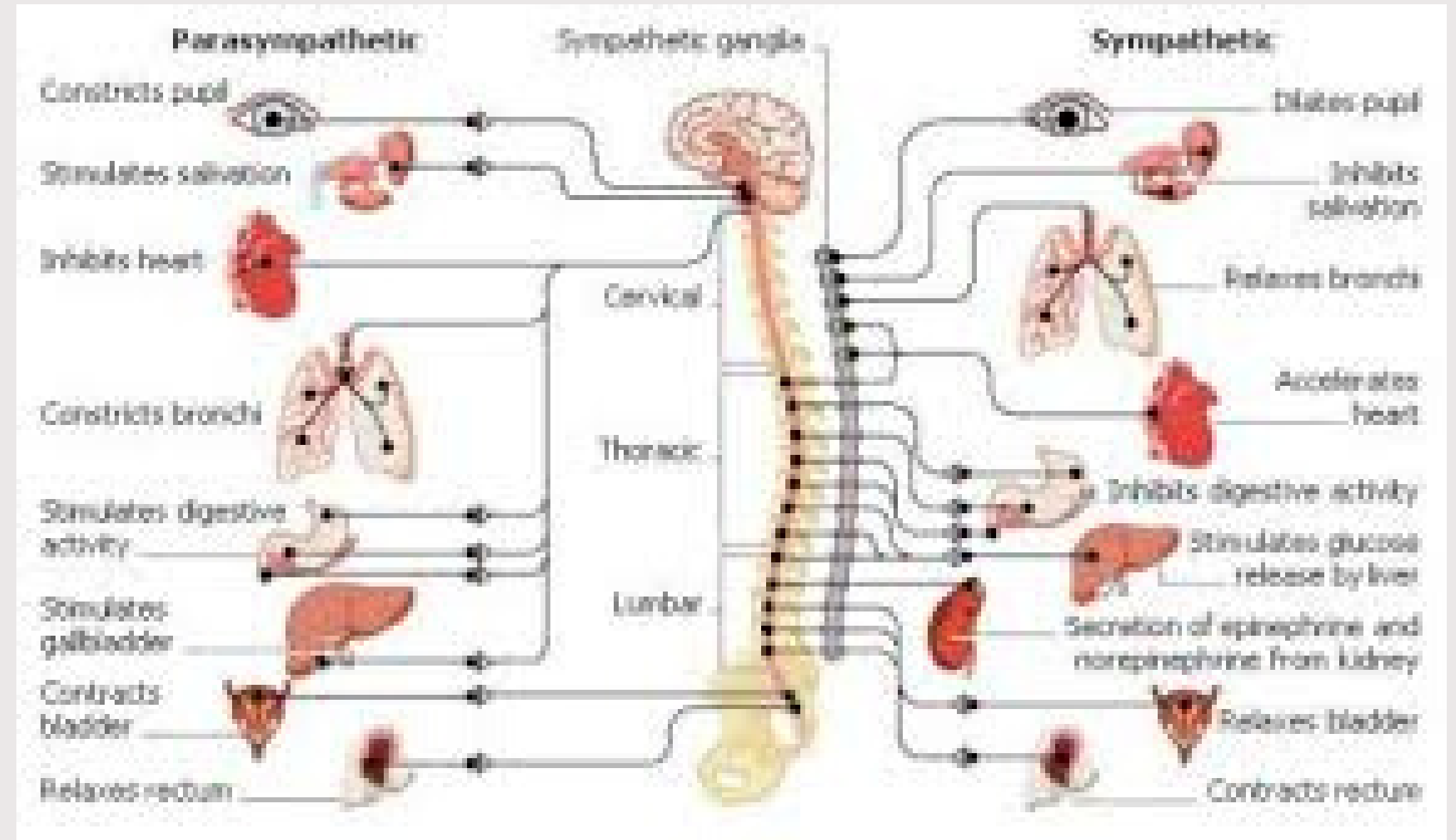
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# Autonomic Nervous System

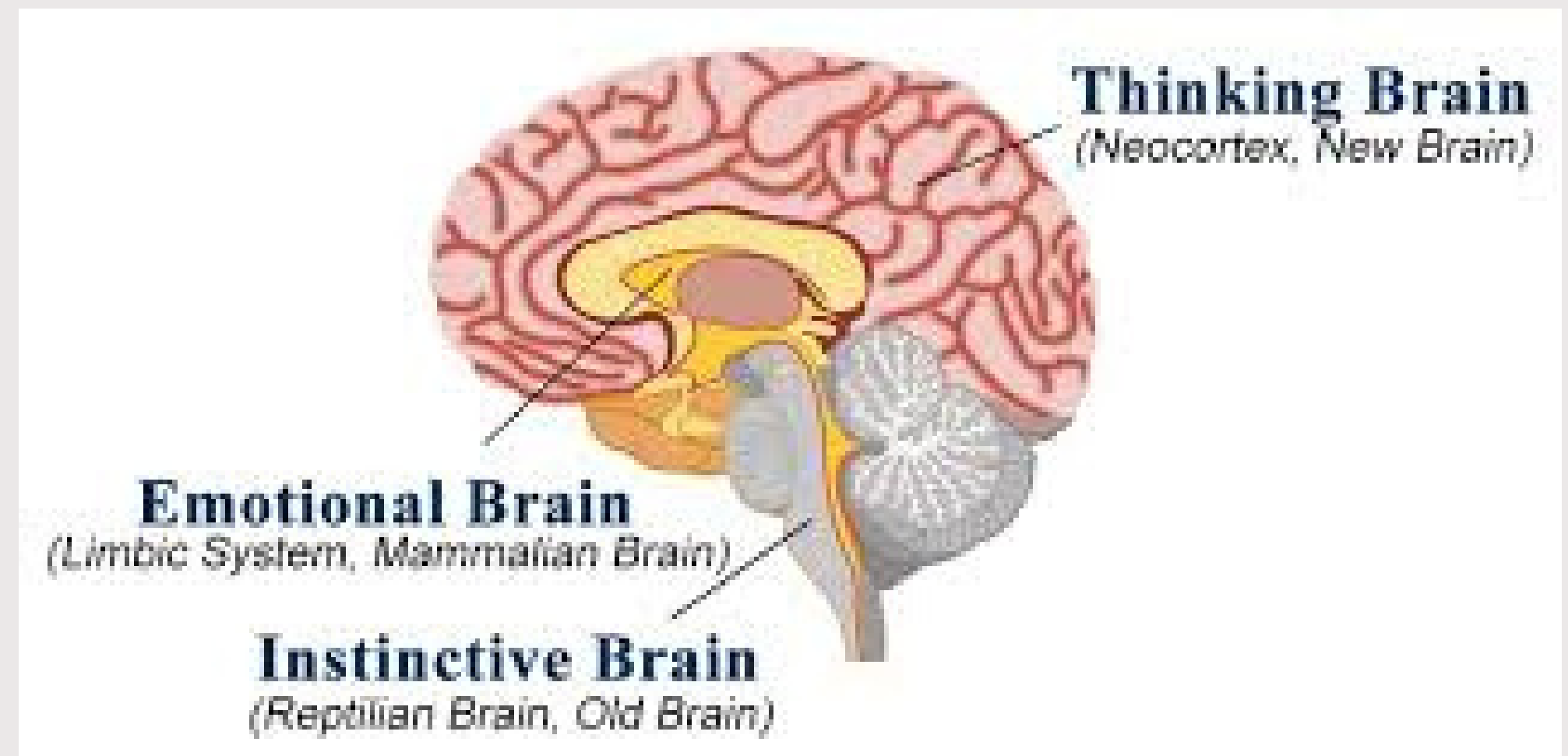
Rest + Digest /  
Flight or Fight



# Nervous System

Adult help is needed to wire up the brain connections, especially between thinking and emotional brain.

Overtime, these networks will help the child control strong feelings and regulate emotions.





# Nervous System

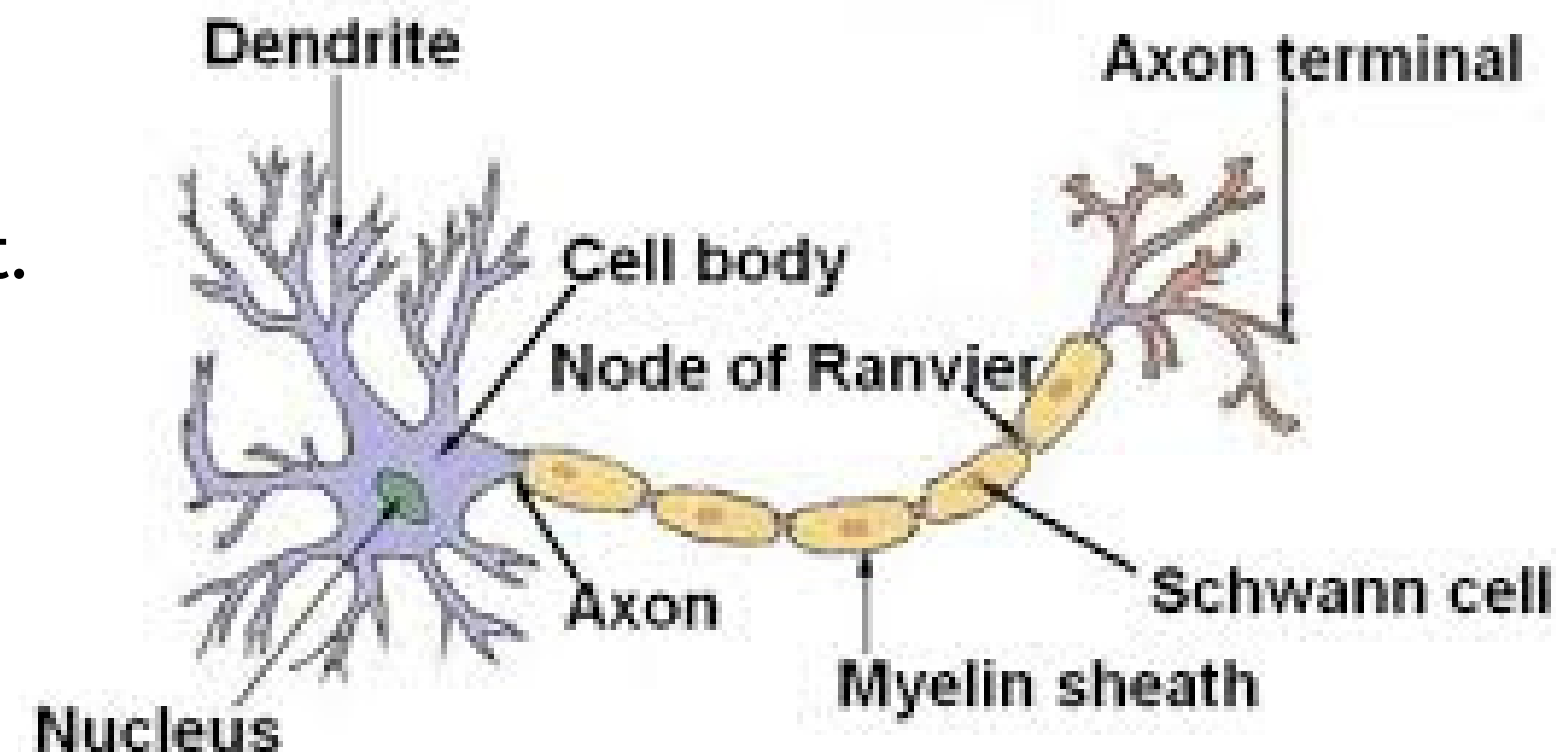


Myelination is the process of coating the axon of each neuron with a fatty coating called myelin. This enables messages to be transmitted more effectively, and at greater speed, along nerve cells. This helps overall body-brain communication.

Pruning is the process of weeding out unnecessary connections and strengthening the important ones.

Due to neuroplasticity, the brain has the ability to change and make new connections, however the first 1001 days are the critical period for brain development. In the first years of life more than 1 million new connections are formed every second.

## Structure of a Typical Neuron



# Nervous System



Neuron growth and connections over time.

Genes provide the blueprints for connections, nurture gives the experiences that baby's need for these genes to be expressed.



Human connections create neural connections.

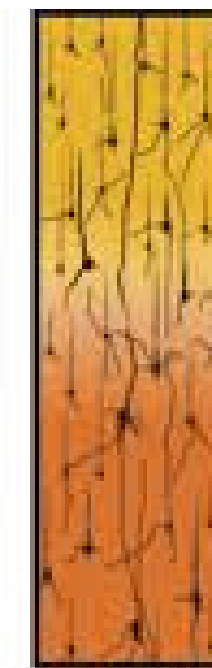
D. SIGEL



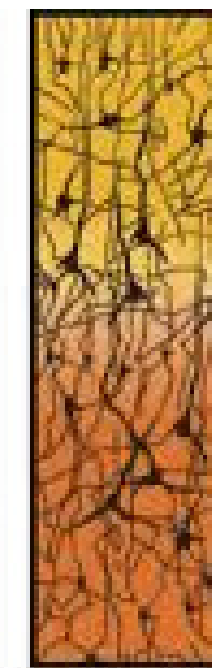
Mirror neurons and serve and return process support building the brain architecture helping to create emotional and cognitive neural connections and supporting baby's ability to determine intention and imitate.



newborn



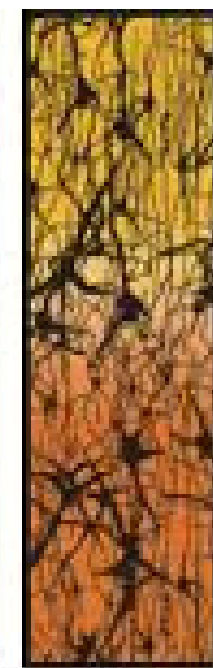
1 Month



9 Months

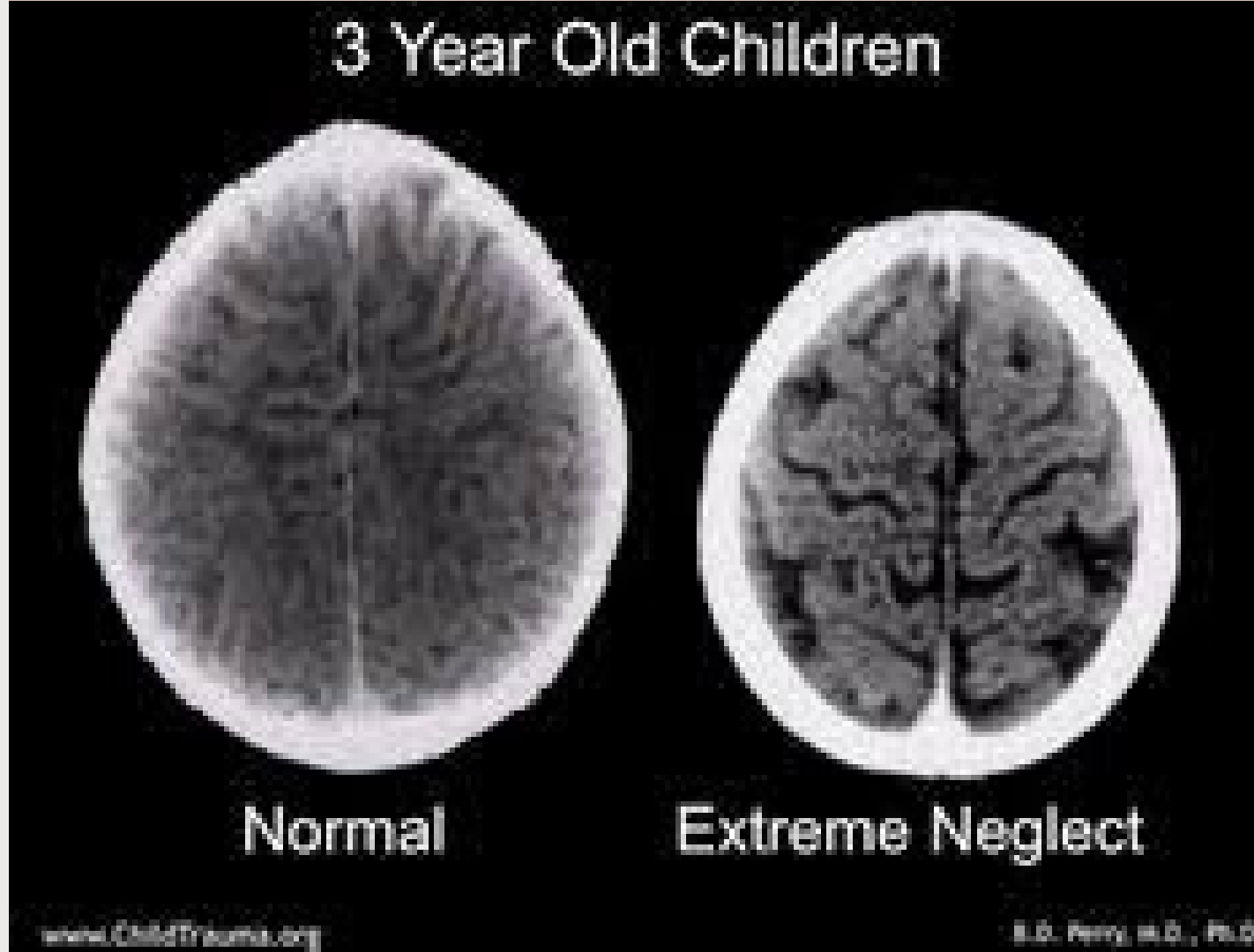


2 Years



Adult





Studies have shown that when babies and children are deprived from sensory experiences, or when the nervous system doesn't receive enough information, due to lack of tactile stimulation or lack of social interaction, and emotional connection, the development of the brain can be significantly affected and this may result in behavioural problems, social and emotional issues during adulthood.

Through touch, infinite messages can be transmitted to the brain from the outside world.

The sensory stimulation during massage accelerates the myelination process.

Until 12 years old, touch continues being the predominant sense to integrate external information.

# Nervous System



Massage has a heart-warming and relaxing effect and therefore, helps activating the parasympathetic response of the nervous system.

Massage helps baby and parent relax, and when they are relaxed, the blood vessels expand increasing the blood flow and oxygen and nutrient levels into the body tissues. All muscles maintain certain tension or contraction of their fibres to help us, for example, to keep a straight posture, it is necessary at times to consciously relaxed the tensed muscles, to facilitate rest and recovery.





# Nervous System



Infant massage develops respectful relationships, through trust and empathic communication, which benefits the part of the brain that concerns with emotions and moral sense.

## Precautions:

Once babies are undressed, if the parent or carer constantly removes his/her hands from baby or separates, the baby can get unsettled or upset, because of the sudden assault of the peripheral nervous system (sense of danger or uncertainty). It is important to keep contact and closeness at all times.

During the face massage, remember not to cover the eyes or the ears, so that baby can see and listen at all times and doesn't feel invaded.

Apply moderate pressure, if the massage is too light, then this will cause a ticklish sensation, which can alter the baby's peripheral's nervous system.



# Endocrine System



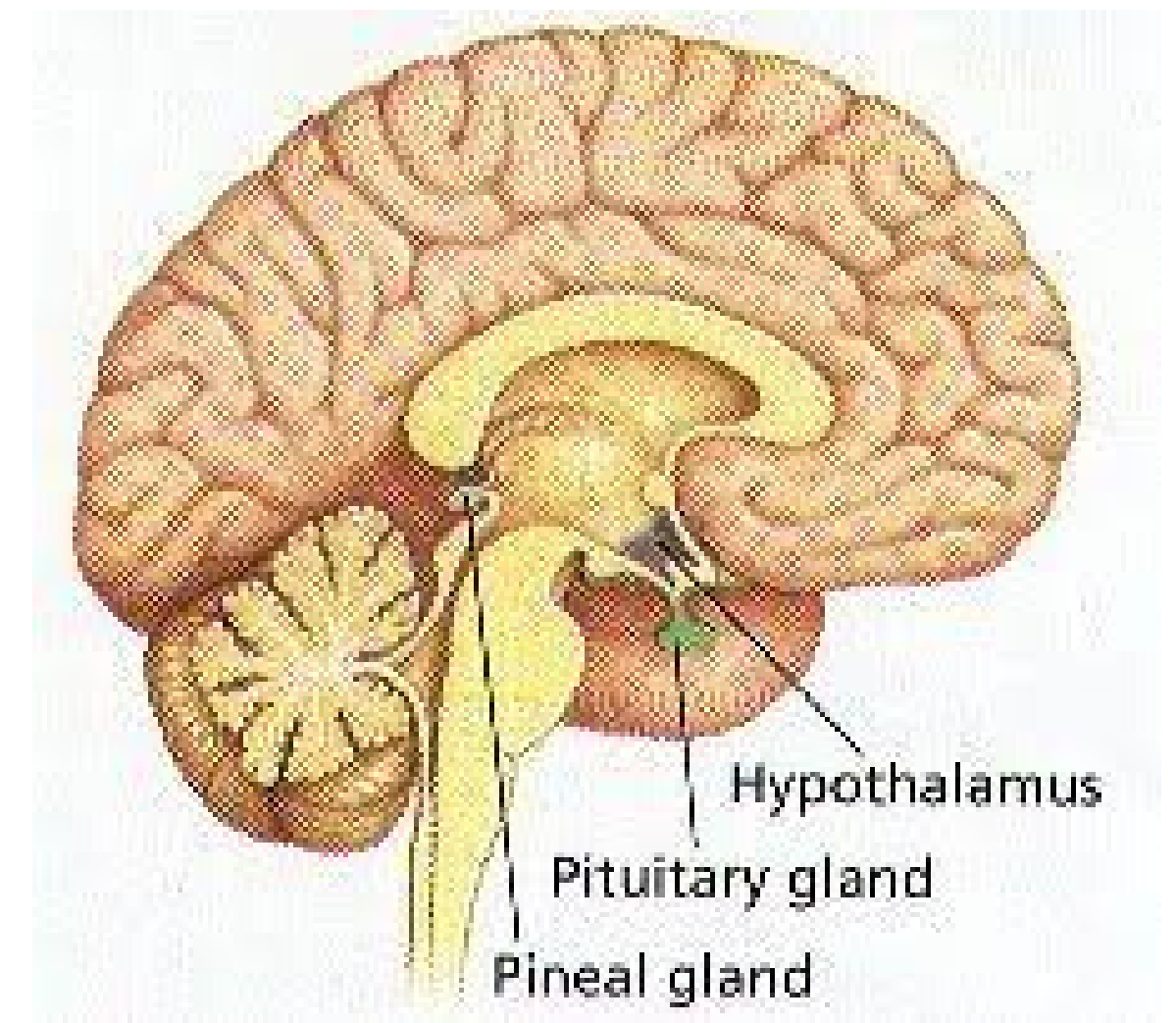
The endocrine system is responsible for the production and release of hormones which enable slow and long lasting changes. It helps to maintain homeostasis or “balance” in the body. It works closely with the nervous system to control this process.

**Thalamus** - Part of the brain that relays information from sensory organs to the cerebral cortex.

**Hypothalamus** - Part of the forebrain that regulates the amount of fear, thirst, sexual drive, and aggression we feel.

**Amygdala** - Influences our motivation, emotional control, fear response, and interpretations of nonverbal emotional expressions .

**Hippocampus** -Plays a role in our emotions, ability to remember, ability to compare sensory information to expectations.





# Endocrine System



Oxytocin: 'the love hormone' Awakens maternal and loving behaviour, and the need of touch, tenderness, confidence in the other and serenity. Contributes to the reduction of cortisol (stress hormone) in the body.

The endocrine system works alongside the primal brain (sub cortical brain) and the immune system (hypothalamus and pituitary gland). Michel Odent (1986) calls 'primal health' to the equilibrium levels achieved by these systems at the end of the first year of life.

Stressful moments that last for long periods of time, increase the levels of cortisol in the body and can cause: reduction of the hippocampus, cells death in the frontal cortex, deficient immunity, damage to short memory and distortion of normal heart rate levels.



# Endocrine System



Massage contributes to the release of oxytocin, in both, parent and baby, producing a calm effect.

It also promotes the release of prolactin (essential for breastfeeding) and serotonin (associated with feelings of happiness and wellbeing)

## Precautions:

When teaching parents and carers, it is very important to reiterate that massage should only be carried out when the baby allows it, it must not be forced.

Mention the importance of 'listening' and responding to the baby's non verbal cues. This allows mum/dad to help regulate the baby's emotions and to reduce the incidents of high cortisol levels.

Avoid the usage of essential oils as these can cause instability in the endocrine system.





# Grow Babies With Love

## Seed Of Potential

At birth, babies brains are around 20% developed. The love and care they receive and their environment shapes their understanding of the world. Babies who have positive interaction with their care giver build a strong attachment.

## Strong Roots

At birth, babies brains are around 20% developed. The love and care they receive and their environment shapes their understanding of the world. Babies who have positive interaction with their care giver build a strong attachment.

## Creation of Shoots

When children feel securely attached they are confident to explore the world and try new experiences, safe in the knowledge they are loved and supported. They can grow in the direction they want because they have a secure base.

## Delicate Buds

During the teenage years, the brain changes again. Emotional intelligence formed in the early years can help teenagers be more resilient. During this time we need to use listening, patience and understanding to support changing emotions.

## Mature Fruit

The benefits of early positive early experiences are felt in adulthood. When we have experienced love and care as a child we can go on to give it to others and better regulate our emotions and reactions.

Does anyone know what the 8 senses are ?

# Baby's Sensory World





# TOUCH

Babies explore their world through touch. They use touch to comfort themselves and seek being comforted through touch too.



The sense of touch is the first one to develop, from only 3 weeks gestation.

From 12 weeks, the whole body (except the upper part of the head) is sensitive to touch.

The baby receives constant massage inside the womb, whilst her mother moves.





# MODULE 3

Intro to baby massage and the benefits of skin contact and massage for infants.





# Importance of skin contact and tactile stimulation



*“Born into a confusing world, with simple primitive needs, all babies crave and respond to human touch. Scientists call this ‘skin hunger’. Babies are designed to be physically appealing: a baby’s soft skin compels us to stroke, kiss and protect him. When a baby gives vent to an anguished wail he is often literally crying out to be held”*

*-Deborah Jackson, ‘Mother and Child’ (2001)*



# Importance of skin contact and tactile stimulation



## Physiological

- Reduces stress hormones such as cortisol Positively alters the immune system
- Helps weight gain in premature infants
- Increases white blood cell count Relieves wind, colic, constipation
- Relieves respiratory disorders and sinus congestion Increases circulation
- Improves the elimination of waste through lymphatic drainage and by supporting the venous circulatory system
- Improves the condition of the skin



# Importance of skin contact and tactile stimulation



## Psychological

- Alleviates depression and anxiety by releasing “feel good hormones”
- Reduces pain by releasing endorphins (the body’s natural pain killing hormones)

Touch is often an underrated sense however it is quite amazing that stimulation of the skin can have such a profound effect on all of the systems of the body.

# Babies' Development



As a baby massage instructor, it is necessary to know about infant development. This will help you create the right environment for your classes and know what babies do in each of their developmental milestones.

All babies develop at a different pace. It is important to make sure parents and carers don't lose confidence or feel disappointed if their baby doesn't do certain things at certain times. Generally, babies reach their optimum development under the appropriate care, it doesn't matter if they take longer than others. If parents have more serious worries, the suggestion would be to consult a paediatrician or a health professional.





# Benefits of Baby Massage

## Relief

Baby Massage can help relieve a variety of health issues for babies such as colic, dry skin, teething pain and nasal congestion.

## Relaxation

Baby massage releases relaxation hormones which activate the body's relaxation responses.

## Stimulation

Baby massage boosts circulation to the tissues of the body and stimulates all baby's body systems.

## Bonding

Baby massage uses touch, the release of oxytocin, eye contact, singing and smell to help nurture bonding.

# Baby Massage & the Importance of Bonding



*“A baby is a question mark and his mother the answer he seeks. Sensitive to every encounter, the newborn experiences life through the soft filter of mother’s embrace, her milk, her lullabies.”*  
- Deborah Jackson, ‘Mother and Child’ (2001)

“According to attachment theory our first relationship with our carers acts as a lifelong template, moulding and shaping our capacity to enter into, and maintain, successful subsequent relationships with family, friends and partners. It is believed that these early and powerful experiences with the people who first looked after us will shape our long-term emotional wellbeing.”  
- Juliet Neil-Hall, ‘Attachment: Supporting young children’s emotional wellbeing’ (2015)









The psychologist John Bowlby was the pioneer of the attachment theory, describing it as “lasting psychological connectedness between human beings” (1969).

He proposed that attachment can be understood within an evolutionary context in that the caregiver provides safety and security for the infant. Attachment is adaptive as it enhances the infant’s chance of survival. Bowlby suggested that the attachment figure acted as a secure base for exploring the world. The attachment relationship acts as a prototype for all future social relationships so disrupting it can have severe consequences.

# Attachment Theory - Background





# Attachment Theory - Background



06



Characteristics of an 'attachment':

- Safe Haven: If the child feels threatened, he can return to his care giver for reassurance and comfort.
- Secure Base: The caregiver provides a secure base for the child to explore the world.
- Proximity Maintenance: The child stays near the caregiver, to provide safety and security.
- Separation Distress: If separation occurs from the caregiver, the child will become upset.



# Attachment Theory - Background



06



Following on from Bowlby's work, psychologist Mary Ainsworth conducted a groundbreaking study 'Strange Situation' which examined attachment and child behaviour in more detail.

In the study, researchers observed how children between the ages of 12 and 18 months responded when they were briefly left alone by their mothers and then reunited.



# Attachment Theory - Background



06



From the research Ainsworth identified three main styles of attachment

- Secure attachment – the healthiest form of attachment where the child is concerned about their care giver.
- Ambivalent – insecure attachment-here the children were distressed at their mother leaving but they then did not react when they returned.
- Avoidant – insecure attachment- here the children did not seem to mind if the mother was there or not.



Which is the fourth attachment style?

Disorganised – insecure attachment where children had a lack of clear attachment behaviour and a mix of avoidant and ambivalent behaviours.

(Mary Main & Judith Solomon 1986)

From these initial research studies into attachment, a number of other studies have been done which indicate that these attachment styles are valid and that the styles continue into later life and can have an impact on social/emotional behaviours and relationship successes.

# Attachment Theory - Background





# Simple definition of 'attachment'

Attachment is a long lasting emotional bond with another person, activated particularly in times of stress when security and comfort are needed.

It develops gradually through continued experience with parents and key carers and continues to be important throughout life.

- Taken from GroBrain resources



Babies are  
born asking  
their  
parents /  
carer 3 big  
questions...



Am I loveable?

Is anyone there for me  
when i need them?

Is anyone interested in  
what i have to say?

We answer them with  
**LOVE, COMFORT +  
INTERACTION**





# Bonding Blueprint

Baby Massage & The Importance of  
Bonding

Baby massage can help encourage the formation of a strong healthy attachment through its many benefits. The effects of responding to an infant's emotional/social needs through gentle and responsive parenting can have lasting positive impact on physical development, social and emotional development. First relationships are the blueprint of future relationships.

Baby massage classes should look at supporting and encouraging parents and carers in their new role. The element of discussion during classes could help facilitate communication about the main challenges of parenting and could help boosting confidence and self-esteem.



# Baby Massage + The Importance of Bonding



Baby massage helps to encourage instinctive parenting rather than a particularly parenting style. Parents should do what feels comfortable to them and remember that their baby relies on them to meet their basic needs – touch, warmth, security, food – as well as emotional needs.

It is important to emphasize that there is no right or wrong way to parent. All babies and parents are different and all will have a different experience. By parents trusting their instincts, they can be relieved from the pressure of trying to act or behave in a certain way and embrace the experiences during the first years of life of their children which are so crucial for their development.







# Common parenting challenges

- Tiredness and lack of energy
- Lack of structure in the day (and night!)
- Lack of confidence in parenting ability and confusion resulting from conflicting advice
- Changing hormone levels affecting emotional states.
- Adjusting to the role of carer with less time for existing responsibilities and interests
- Concerns over baby's health/weight/sleeping/feeding patterns
- Bonding issues





# Empowered parenting

- You are the best parent for your baby
- You are getting to know a new person in your life
- You have been through an incredible physical and emotion experience
- You are learning on the job (with not much sleep!)
- No amount of preparation can ever prepare you for how it feels to be responsible for your baby and take on the role of parent
- There is no such thing as the “perfect parent” and it is important to accept and embrace your own unique parenting style and celebrate all your talents and abilities.





RELAX

Practising ACTIVE relaxation for parents - can help bring down levels of cortisol (stress hormones) and promote endorphins (feel good hormones)



# BREAK Afternoon tea

See you back here at 3.15pm





# MODULE 4

Baby massage routine and getting prepared to teach.



# Contraindications

A contraindication is a reason or circumstance which means that a massage should not occur.

Contraindications can be 'general' prohibiting any massage or 'local' where massage can occur but not in the specific area.

Make sure none of these conditions are present when a baby is due to have a massage. Always ask the group if the babies are happy and healthy before you begin each class to make sure nothing has changed since the last time you met.

And before you start a new group, always make sure parents and carers complete a health questionnaire.



# General Contraindications

- Acute infections
- Fever
- Sickness
- Diarrhea
- Undiagnosed lumps and bumps
- Contagious disease
- Serious skin complaints
- Inflammation
- Recent haemorrhage
- Jaundice
- Meningitis
- Childhood Leukemia
- Brittle Bones

# Local Contraindications

**NOTE:** A parent may also feel that there are other times when it is inappropriate to massage their baby. Each parent knows their own baby's mood and behaviour. Parents should always listen to their instincts when deciding if a massage is appropriate.

- Recent immunisations (wait 48 – 72 hours)
- Skin disorders or localized eczema
- Cuts and bruises
- Unhealed or swollen navel Open sores



# Conditions requiring GP / Medical Consent

- Congenital heart condition (most commonly seen as aortic valve septum, atrial septal defect, pulmonary valve stenosis, ventricular septal defect, transposition of the great vessel)
- Recent operations or surgery
- Dislocation of the hip
- Spastic conditions where there is an increase in muscle tone
- Dysfunctions of the nervous system
- Epilepsy – where massage can take place, make sessions brief and observe the baby closely
- Asthma – during an acute attack.

# Baby Massage Contraindications

There are areas which should not be massaged:

Front of neck and throat

Eye area

Back of neck and directly on spine

Under the arm (only soft gliding, no pressure)

Front of elbow and back of the knee

Directly on navel

Groin area

The skull

Directly on the bones (no pressure on bones)



# Practical elements when teaching baby massage



Health questionnaire + booking forms

Patch test (Oil)

Necessary equipment

Health + Safety

## Hygiene

Mats are clean

Each family to bring their own towel

Floor is dry and clean

Remove jewellery

Clean hands and short nails if possible

Ventilated venue with the right room temperature

Have handy - wipes, hand sanitiser, antibacterial spray, cleaning cloth + treasure box,

# Practical elements when teaching baby massage



Entry requirements of families in your class

To join a class it is recommendable that a baby is 6-8 weeks

For premature babies, keep sessions short

Resources (mats, towels, cushions)

Families should bring their own blanket or towel, to maintain hygiene and for baby to feel comfy. They could also bring a cushion.

Adapt positions if parent/carer has back problems or other physical limitations.



# Practical elements when teaching baby massage



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# Creating the right environment

Temperature

Noise

Lighting

Space

Music

Items that families should bring



# Oils



An organic vegetable based oil is the type of oil recommended for baby massage

- Sunflower
- Fractionated Coconut Oil
- Grape Seed Oil (low in oleic acid, high in linoleic acid)

100% natural Nourish the baby's skin

No harm if they end up in baby's mouth

Not irritable if they end up in baby's

eyes Unlikely to cause an allergic reaction

Easily to absorb by the skin

They don't block the skin's pores

Safe to use in dry skins





# Oils

## No Smell

Essential oils / carrier oils.  
Mumma's smell.

## Edible

Esafe if it ends up in baby's  
mouth.

## Organic

the difference in price is not  
huge, and when it comes to  
babies, the best is to choose  
what is most natural.

## Cold pressed

these oils come from the seed  
without thermal or chemical  
treatments, so they are in  
their natural state, reducing  
the risk of an allergic reaction.





# Oils (Precautions)

Use coconut oil from 6 weeks, sunflower from 8 weeks

Always carry out an patch test in a small area of the body (like the wrists) in both, parent and baby, before applying the oil all over the body. Wait for at least 10 minutes and search for any secondary effects or reactions.

Avoid oils from nuts, such as almonds or peanuts, to minimise the risk of any allergic reaction . The same applies to oils from wheat germ, to avoid gluten allergic reactions.

It is not recommendable to give baby massage using essential oils, especially when babies are less than 6 months, unless it is specified by a qualified aromatherapist or if the product clearly states that it is safe to use on baby's skin.



# When to massage

Quiet – Sleep  
Active – Sleep (R.E.M.)  
Drowsy  
Active – Alert  
Crying

Quiet – Alert [ THE BEST TIME TO MASSAGE ]  
Baby's face is relaxed, bright open eyes,  
observant, relaxed limbs.





# Working with babies with colic or unsettled babies



## What is colic?

When the baby is crying, it is not the parents' fault, they are the ones who can best respond to their baby's needs. Even when the first attempts to soothe the baby might not seem fruitful, gradually they will start getting to know the baby better and better. If they are experiencing a very challenging time, the best thing to do is to seek help.

Infant massage represents another tool that parents/carers can use to ease colic and calm babies.



# Coping with crying

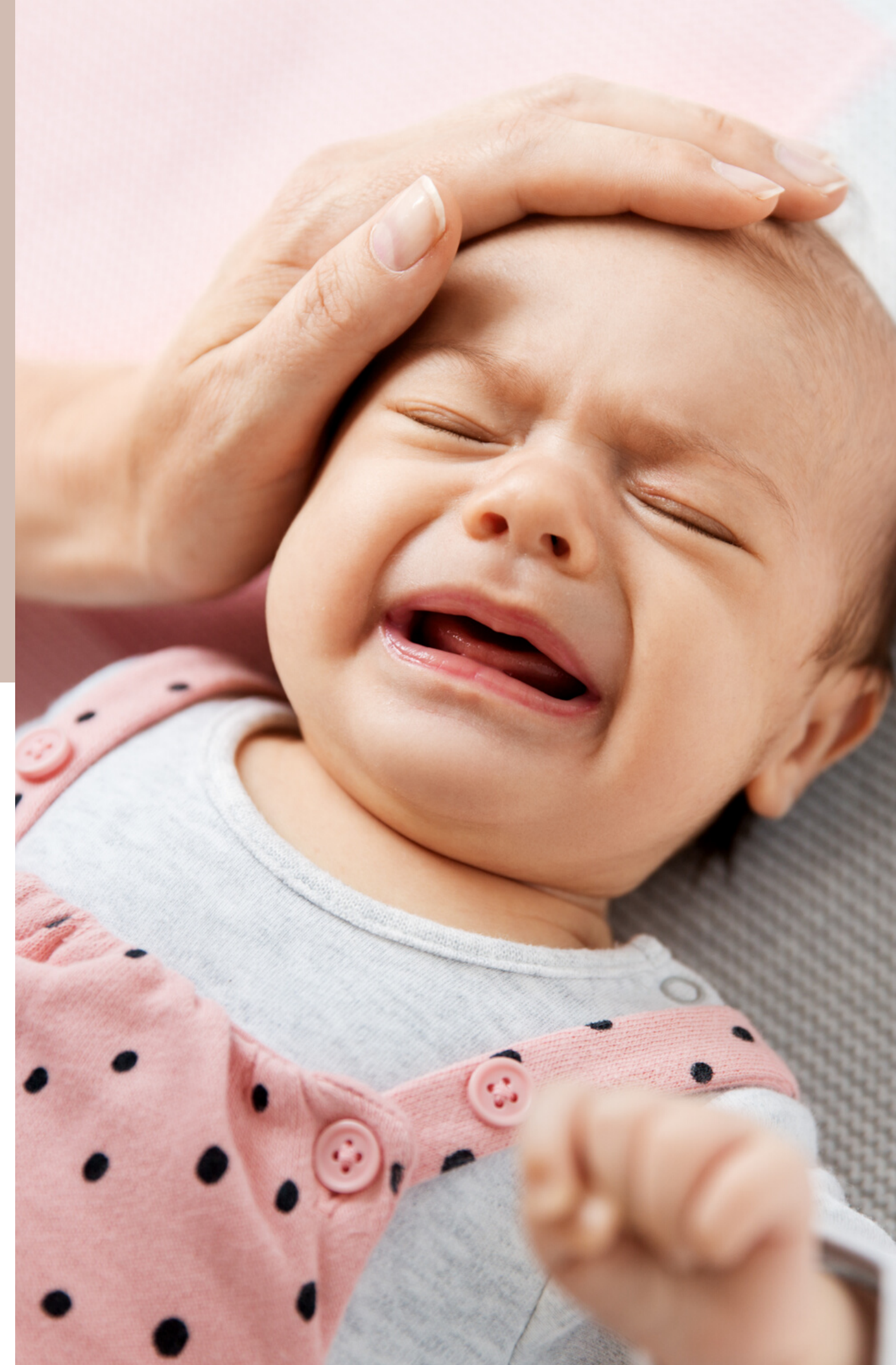
Why do babies cry?

**Physical Needs** – Such as hunger, temperature, shelter, sleep, fresh air, activity, overstimulation, protection from injury or danger, colic.

**Emotional Needs** – These include love, security, the need for comfort and touch, loneliness, fear, confusion, reassurance.

**Developmental Stages** – Babies may cry more when they are reaching developmental goals such as teething, crawling, walking.

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# Parenting + Massage

13



It is very important to only give out information in your sessions which you are qualified to teach. However, it may be tempting to give out generic advice on baby care, always be professional and never diagnose conditions or give out medical advice. If you suspect there is an underlying condition causing baby to be unsettled or unwell always advise a parent/carer to seek medical advice. Although there is no medical treatment for colic, it is worth mentioning about a condition called silent reflux which can often have similar characteristics as colic which can sometimes be treated with medicine.





# Discussion time during classes


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- When is good to give a massage
- Coping with crying
- Adjusting to parenthood
- Facing colic
- How to adapt the baby massage routine with toddlers or older children
- Attachment and baby's emotional needs







Let's learn the  
baby massage  
routine !

**Blossom  
& Berry**  
natural nurturing  
for little ones



### Legs and feet

1. Relaxed touch
2. Indian draining
3. Winging
4. Sole stroking
5. Rolling toes
6. Pressure under toes and arch
7. Walking thumbs
8. Foot strokes
9. Ankle circles
10. Swedish draining
11. Rolling

### Tummy

12. Stomach hold
13. Stomach stroking
14. Elevated stomach stroking

### 15. Open tummy

16. Full circle
17. Half circle
18. Full circle/ half circle
19. Walking fingers

### Chest

20. Draw a heart
  21. Criss-cross
- Arms and hands
22. Relaxed touch
  23. Pit stroke
  24. Indian draining
  25. Wringing
  26. Finger rolling
  27. Wrist circles
  28. Swedish draining
  29. Rolling

### Face

30. Face strokes – forehead
31. Stroking eyebrows
32. Breathe easy
33. Happy gums
34. Relaxed jaw

### Back

35. Back to bottom and all the way above the ankles
36. Back paddling
37. Circles
38. Combing