

Tummy Trouble Workshop

Movement/Position	Benefit	Contra-Indications/ Notes
<p>Colic Discussion; What are the symptoms and likely causes of the colic/reflux?</p> <p>Discuss management techniques for reflux if necessary – holding upright after a feed, side lying on left, etc</p>	<p>Understanding the cause of the distress means parents are able to make an informed decision on colic remedies, etc.</p>	
<p>Settle techniques Containment hold - Baby placed on left side. Hand cupping head and hand on bottom</p>	<p>Comforting for baby. Positive touch</p>	<ul style="list-style-type: none"> • Use blanket to create a boundary • Baby to remain clothed throughout session
<p>Still Touch on tummy–</p> <p>Ask parent to breathe into the hold</p>	<p>10 seconds of touch produces oxytocin</p> <p>Begins to stimulate baby's parasympathetic nervous system</p> <p>Firm touch can act like a hot water bottle.</p>	<ul style="list-style-type: none"> • Use blanket to create a boundary if necessary • Place baby on knees if baby doesn't like being laid flat

Reflexology – Sole Stroking <ul style="list-style-type: none"> - Solar Plexus - Rest finger across arch of the foot 	Can stimulate the digestive system	Be aware of any recent heel prick tests, etc.
Tummy massage – Paddling Sunshine and Moon Rainbow Finish with resting hand	Helps to move food and gas through bowels Encourages maturation of GI tract Targeting colon	May cause discomfort if baby has tummy issues, provide reassurance to parents and suggest tummy massage adopted in different positions.
Back Cupping bottom, stroking down Stroking all the way down to toes	Tummy time Helps place pressure on tummy to provide relief	Placing baby over legs
Yoga movements; Rotating legs in circle Mini Plough Marching legs	Pressure on tummy – tummy massage	
Colic Holds – Tiger in a Tree Indian Bouncing	Settling technique to reduce stimulation and pressure on tummy Pressure on tummy, settling technique with rocking motion	Be cautious of protecting baby's head. Cushion under knee for support

Winding techniques – Wonky Winding Keeping baby upright Supporting baby's chin		
Discussion on the benefits of babywearing	Provides 'enclosed' feeling Vibrations help digestion Movement stimulates vagal nerve – rest & digest	Emphasis on safety.