

# Forever Friends Naturals - Baby Massage

Forever Friends Naturals

My Little Bear



## Baby Massage Tips

Gentle massage has many wonderful benefits for you and your baby. To ensure that massage is a special time for you and your little angel, follow these simple tips:

1. Always massage your baby in a safe place, on a secure surface. Lay your baby on a soft towel for extra comfort – it also helps to soak up any massage oils or creams you may use.
2. The best time to massage your little one is when he or she is awake. After a bath is a good time and you can include it as part of your baby's bedtime routine. Try to avoid massaging your baby straight after they have eaten.
3. Ensure the room is warm, quiet and comfortable, make sure you have everything you need within reach before you start.
4. If your baby cries or seems uncomfortable, stop the massage and come back to it later. Enjoy a cosy cuddle instead! An angry baby doesn't mean you're not doing it right – it can take a few sessions for them to get used to being massaged. Sometimes they're just not in the mood!
5. Softly talk and sing to your baby during the massage. Massage is also the perfect time to share lots of lovely eye contact with your baby – so you'll both enjoy the moment.

## Getting started

Undress your baby and take off their nappy.  
Sit comfortably and allow yourself to relax, let your weight sink into the floor and breathe out slowly through your mouth.  
Using a little massage oil, stroke down your baby's whole body from head to toe. Adopt your best 'massage voice' and tell your baby how beautiful he/she is.

## Little Legs

Gently pull your baby's leg through both palms, hand over hand.

Form a 'C' shape with your thumb and forefinger. Supporting the ankle with your other hand, stroke up the leg.  
Switch legs and repeat.

## Tiny Toes

Take one foot and gently rotate it a few times in each direction, then stroke the top of the foot from the ankle down to the toes. Switch feet and repeat.

Use your thumbs to trace circles all over the bottom of each foot. Your baby may be ticklish so be prepared for smiles! With your thumb and forefinger gently stroke each toe to the end. Repeat for all ten tiny toes.

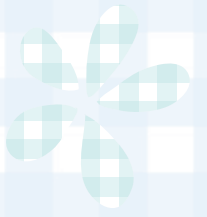
'Join' legs, feet and toes with long strokes downwards.

## Ticklish Tummy

Using the relaxed weight of your hand, massage in a clockwise circular direction over the tummy.

Using two fingers, make tiny circles in a clockwise direction around the top of the tummy.

‘Join’ tummy to legs, feet and toes with long, downward strokes.



## Cute Chest

Place your palms together and slowly open out your hands over your baby’s chest and shoulders.

Using your palms, stroke down from chest to tummy, hand over hand.

‘Join’ chest, tummy, legs, feet and toes with downwards strokes.



## Adorable Arms

Gently pull the arm through both palms, hand over hand.

Form a ‘C’ shape with your thumb and forefinger. Supporting the wrist with your other hand, stroke up the arm.

Take one of your baby’s arms in your hands and gently squeeze from their armpit all the way to the wrist.

Switch arms and repeat.

## Fine Fingers

With each hand gently rotate your baby’s wrist a few times in each direction.

Trace tiny circles over the palm of each hand.

With your thumb and forefinger gently stroke each finger to the end. Repeat for all ten tiny fingers.

‘Join’ arms, chest, tummy, legs, feet and toes with long strokes downwards.

## Happy Head

Using flat hands, gently stroke the head from the forehead to the back of the head.

Wipe any excess massage balm off your hands. Using your thumbs, make little smile shapes on your baby’s face.

## Beautiful Back

Roll your baby on to their tummy. If your baby nods off, turn them on to their back.

Cross your thumbs together and use your palms to stroke up either side of your baby’s spine.

Stroke your hands back and forth in a criss-cross motion up and down the back.

Using your fingertips trace tiny circles all over your baby’s back.

Gently squeeze your baby’s bum.



## Ending

End the massage by turning your baby on to their back again.

Stroke down your baby’s whole body from head to toe.

Wrap your baby up in a clean, soft towel and enjoy a cuddle.

## Forever Friends

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