



Infant Massage - Guidelines for Parents

- Make sure the area you choose is warm and comfortable with no distraction, away from bright lights, TV or pets.
- Make sure you wash your hands and remove any jewelry that may scratch the baby.
- Be sure you have all your supplies before you begin: massage oil, towels, blanket, etc.
- NEVER leave baby unattended on a changing table, bed, or anywhere else baby could fall.
- Choose a time when your baby is in a quiet, alert state.
- Wait at least 45 minutes after a feeding before beginning massage. If infant is fussy, try again later.
- Take a minute to relax yourself before you begin, the more relaxed you are the more positive the results.
- Always begin by asking infant's permission to massage.
- Use a natural plant based oil such as sunflower or olive.
- Be sure to do a skin patch test prior to using any new oil on your baby's skin.
- Do not pour any oil back into the bottle as this may cause contamination.
- Make sure your hands are warm and use smooth rhythm while stroking.
- Create a calm atmosphere by talking softly, humming or singing.
- Build your baby's self esteem by saying positive things about your child while massaging.
- Try to maintain eye contact with your baby.
- Become familiar with your baby's cues. Willingness cues include eye contact, smiling, babbling, and/or bright open eyes. Cues for stopping include clenched fists, frowning, fussiness, rigidity, or crying.
- Massage only one part of the body at a time.
- If your baby becomes fussy, try a different stroke or different part of the body.
- Never force the massage.

Most Important...Relax and Have Fun!!!

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