

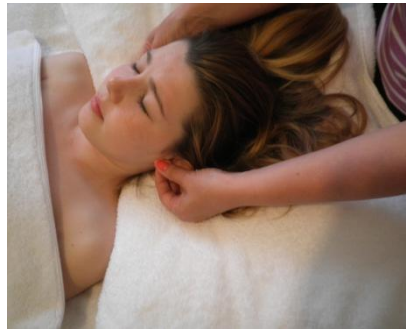
Growing Child Massage Routine

Head and Face Massage



Angel Kisses

With both hands make small circular motions with finger tips. Optional: stroke hair to the ends



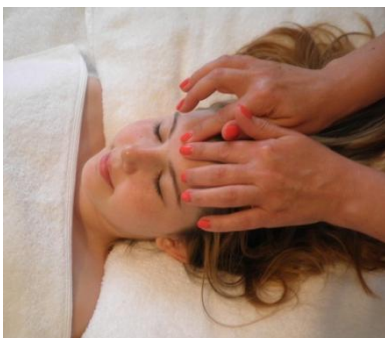
Ear Massage

Gently rub the rim of both ears from top to lobe. Stroke them gently afterwards with pad of middle finger to soothe them



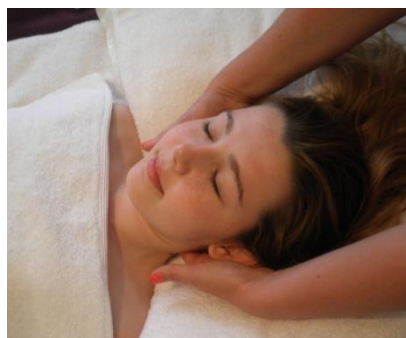
Forehead Stroke

Place hands either side of head (do not cover ears). Gently stroke thumbs from centre of forehead to the temples



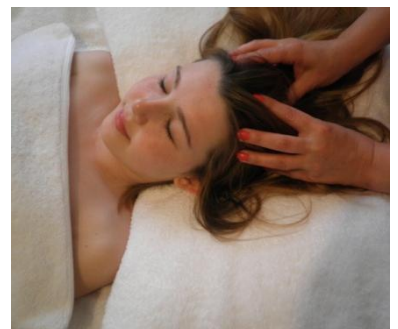
Nose and Cheek Stroke

From forehead stroke down the sides of the nose, along bottom of the cheek to ears. Stroke thumbs from chin to ears



Neck Stroke

Cup hands at base of neck, level with shoulder blades. Alternate hands gently up to the hairline



Angel Kisses

With both hands make small circular motions with finger tips. Optional: stroke hair to the ends