

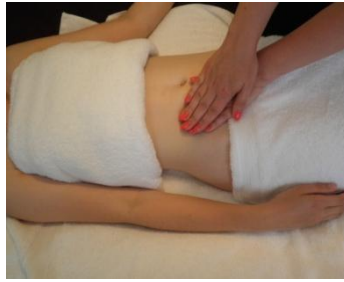
Growing Child Massage Routine

Tummy Massage



Waist Strokes

Stroke one side of the waist, alternating the hands. Stroke the other side



Tummy Circle

With both hands move in a circle around the tummy button. Do not go up to rib cage or press on the bladder



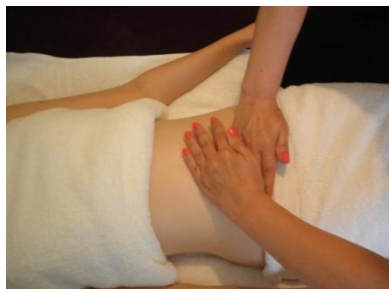
Moving Planets

Same as Tummy Circle but add circles within circles



Tummy Square

Start at 7 o'clock on tummy and move hands up, across and down. Less pressure over the bladder



Windmill

Use flat of hands, starting under rib cage. Alternate hands



Always massage the tummy area in a clockwise direction.