

Gentle Introduction to Touch

Nesting



Containment Holds

No Touch



Gentle Hold and **Asking Permission**

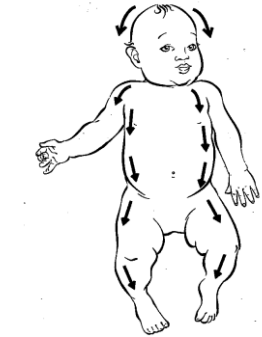


Soothing Stroke

- Can be done in the Lazy Lion Hold

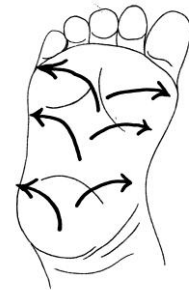


The Velvet Cloak



Sole Stroke

- Caution: baby may be touch-defensive on their feet
- Gentle but firm pressure on the foot, to avoid tickling
- Repeat on other foot



Butterfly Stroke

- Repeat on other hand



Containment Holds

Lazy Lion

- Rest your free hand on their back for extra support

