

# Gentle Introduction to Touch and Massage for Newborns

## Getting Started At Home

The following advice will help the massage sessions at home run smoothly:

- Choose a time when your baby is happy to be massaged (Awake/Alert State)
- Prepare the room before starting, remembering to:
  - Subdue the lighting
  - Warm the room
  - Avoid overpowering fragrances
  - Make sure there are no excessive noises or potential disturbances
- Collect equipment, eg towels and sheets for nesting, later ... oil, wipes, towels
- Collect the Massage Sequence handouts to practise from
- Have CD player/iPod nearby and play relaxing music (if this is not too stimulating for your baby)
- Remove sharp jewellery and wash hands before starting
- Be mindful of your own comfort and positioning during the massage session with baby

When at home, the safest place for massaging a baby is on the floor with the baby on a soft blanket or Nest. However, be mindful of your own comfort and think about position aids, such as a cushion to sit on, or lean against a wall for back support if needed.