

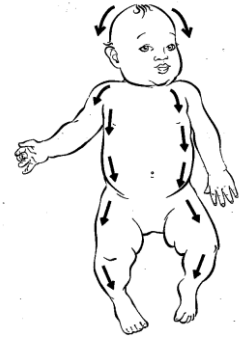
# Gentle Massage for Newborns

## Asking Permission



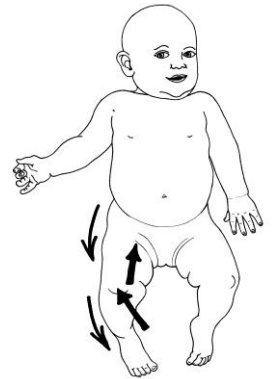
## The Velvet Cloak

- Keep baby clothed for the following routine until the time they can tolerate being undressed
- A wonderful stroke to start and end massage



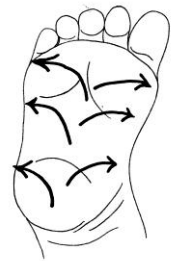
## Upward Leg Glide

- Firmly up, gentle pressure downwards
- Repeat on the other leg



## Sole Stroke

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



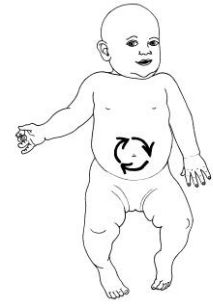
## Bubbling Springs

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



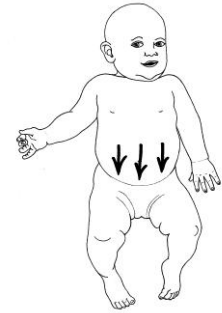
## Tummy Circle

- Massage the tummy in a clockwise direction
- Do not massage on the rib cage
- Reduce pressure over the bladder



## Windmill

- Avoid the rib cage



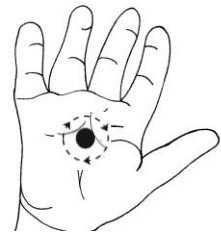
## Butterfly Stroke

- Stay with this hand for the Hand Bubbling Spring



## Hand Bubbling Springs

- Repeat hand strokes on other hand



## Angel Kisses

- Do not use oil on the head
- Do not put pressure on the soft spots



## Gentle Back Soother



## Finish Massage with The Velvet Cloak