

Benefits of Baby Massage

- Deeper, more restful sleep
- Bonding between baby and care-giver
- Improved immunity
- Improved motor skills and coordination
- Improved digestion and ability to move bowels and gas
- Improved sleep/wake cycles
- Improved sensory processing
- Improved blood flow



Aimee's Babies Baby Massage Videos are a product of Aimee's Babies and included in the STEM Starts Now program.

STEM Starts Now is a subscription digital program for parent education. Weekly newsletters provide parents with support and developmental information targeted to the child's age.



STEM Starts Now

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Baby Massage and Touch

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Baby massage is a great way to bond with your baby and teach them about touch. Skin is our largest organ and has a large representation in the brain. By stimulating your baby's skin, you are activating a large part of your baby's brain, helping new connections to form between brain cells. This encourages new learning. It is also important to provide a lot of other opportunities to experience different textures and sensations.



Touch and Body Awareness

Hundreds of thousands of nerve receptors are under your baby's skin processing light touch, deep touch, moisture, temperature, and movement. It is important to give your baby lots of opportunities to process all of these different sensations through their skin. Allow your baby lots of tummy time so he can bring his hands together and explore.

Tips for touch and body awareness:

- Baby massage is the best thing to help babies process touch.
- Swaddle baby for a calming effect.
- Rub lotion on baby while naming body parts.
- Trickle water over baby's body during bath time.
- Use wrist and bootie rattles