

BABY MASSAGE

— and the power of touch

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Benefits of Baby Massage

- Bonding between baby and caregiver
- Deeper, more restful sleep
- Improved blood flow and immunity
- Improved digestion
- Quicker weight gain
- Better motor skills and coordination
- Improved ability to move gas and bowels
- Help with colic
- Relaxed baby and caregiver



When to massage

- After bath
- Before bed
- Before feeding baby
- Before baby's typical fussy time
- First thing in the morning



When not to Massage

- If baby has a fever
- If baby is not medically stable
- If baby has a malignancy
- If baby is really fussy and cry continues to escalate



Baby's role in massage

- Baby should make eye contact and enjoy the massage
- Engage baby by talking to her as you massage
- Signs that baby is over-stimulated:
 - Baby will cry
 - Baby will avert his gaze
 - Baby will extend arms and legs and splay fingers
 - Baby will cover her face with her hand

Opening Stretch



Leg Strokes



Opening Stretch



Abdominal Strokes



Abdominal Spiral Stroke

Arm Strokes



Chest Strokes



Back Strokes



Spine Circles



Head Strokes

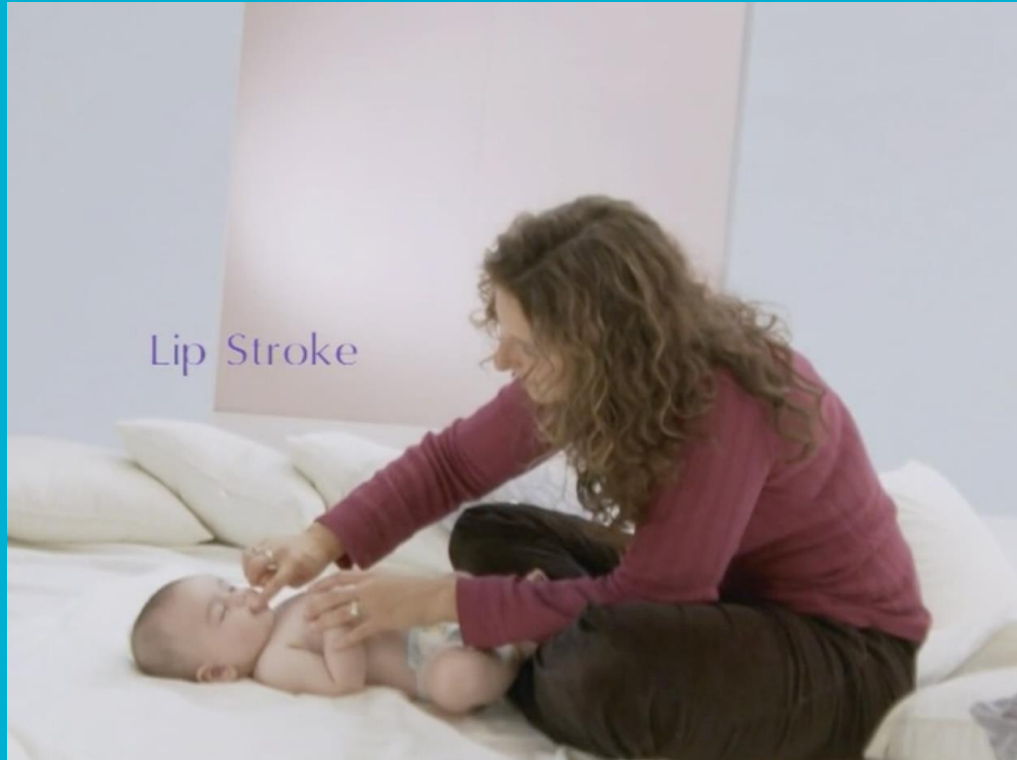


Facial Strokes

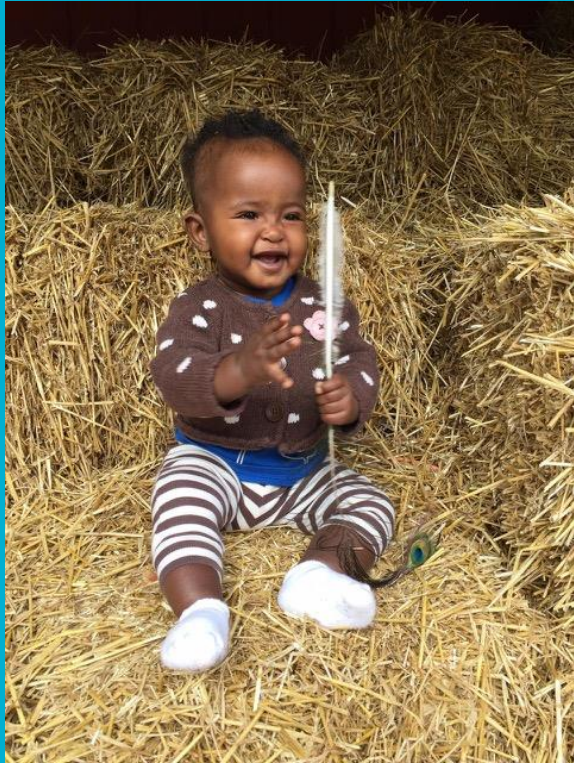


Facial Stroke

Lip Strokes



Benefits of Touch



- Sensory Processing
- Body Awareness
- Fine Motor Skills
- Gross Motor Skills
- Coordination

- Free and structured play
- Opportunities for Interactions
- Experience with textures and temperatures

