



Infant Massage

Touch is powerful especially when it is given with love. It is the universal language of love and one that babies can understand before they can talk.

Benefits of infant massage

- Promotes parent-child bonding
- Calms a fussy baby and helps him release tension, anxiety and irritability
- Helps the child to relax and fall asleep easily
- Enhances circulation and digestion
- Reduces 'wind', colic and digestive problems
- Contributes to healthy weight gain
- Improves the baby's immune development
- Promotes emotional growth

Tips on infant massage

- It is best to do it after a warm bath, before bedtime, when your baby is still alert and not drowsy.
- Lay your baby on a flat surface, e.g. a bed. You can also sit on the floor and make a diamond shape with your legs - soles facing each other. Place a blanket over your legs to form a 'cradle' for the baby to lie in.
- Remember to dress your baby in his diaper.
- Use a little baby oil or lotion. It makes the massage smoother. Do a patch test first, to make sure that the oil or lotion is not too harsh for your baby's delicate skin. Do not use pure concentrated essential oils.
- Rub the oil or lotion between your palms to warm it up before putting your hands on your baby, so that he does not get a shock by your cold hands.
- Sing and hum to him. He will like that!

Step by step massage guide

Express your love with a baby massage while moisturising your baby's delicate skin. For newborns, a massage of up to 10 minutes is sufficient, while older babies can enjoy a massage of up to 20 minutes.



1 Place your palms on his head and massage gently down to his chin.



2 With your index and middle fingers placed on his forehead, gently draw small circles around his temples.



3 Gently make a smile on your baby's upper lip with your thumbs. Do the same on the lower lip.



4



With both hands together at the centre of his chest, gently push out to the sides, following the rib cage and bring them around in a heart-shaped motion to the centre.

5



I: Start under the rib and draw an "I" down to the hip joint.

6



Love: Stroke from left to right across your baby's abdomen, forming the long side of a sideways "L". Use a short downward stroke on the right side of his stomach to complete the "L".

7



You: Finish with an upside down "U" stroke up from your baby's hipbone, on the left side of his stomach. Move your fingers along the top of your baby's tummy, then down his right side.

8



Use the outside of your hand and make gentle padding strokes on your baby's tummy, one hand following the other.

9



Starting at the abdomen, gently stroke upwards with your fingertips.

10



Hold your hands together around your baby's arm at his shoulder. Lightly move your hands in opposite directions from the shoulder to his hands, squeezing gently.

11



Massage his left wrist using your thumb or forefinger. Then stroke his palm uncurling his fingers as you go. Do the same with his right hand.

12



Massage your baby's ankles, then feet, one at a time. Support his ankle with one hand and use your thumb to massage from heel to toe along the sole.

13



Hold your baby's leg and move your hands up his leg together, turning in opposite directions, squeezing gently.

14



Lay your baby on his stomach. Stroke down his back from neck to bottom, including the bottom. With your fingertips, lightly massage the muscles on either side of the spine.



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