

*Nurturing babies
and parents together*



Baby Massage Guide

Welcome to Bibble & Bubble's Baby Massage & Movement

This guide has been designed to complement the course and should not be used as a stand alone guide to Baby Massage.

Begin Relaxation

Start your massage by asking your baby if they would like a massage and make sure that your baby is happy and relaxed before you begin the massage.

Always start the massage with a full body stroke from the chest to the feet and repeat this four times alternating side to enable the baby to relax and uncurl.



Take the baby's leg and gently bob it gentle up and down to relax the leg. Then, gently take the baby's leg, hand over hand through your 'well oiled' hands using a firm but relaxed grip around the leg using palms and fingers. It's important to start with one hand before introducing both hands.

Gently rest the ankle in your inside hand and with your outside hand, massage the thigh while spreading the fingers and using the palm.

Follow through hand over hand down the whole leg but as you finish at the ankle, gently glide the thumb up and over the knee and gently massage the top of the leg using gentle circles, repeat this four times. This stimulates the circulations of blood and lymph to the baby's legs and feet, relaxing the legs and encouraging movement.



With your outside hand, press on the ball of the foot behind the toes to extend baby's heel and as you push the foot, massage the back of the calf with your free hand. This will square off the heel and can also offer a settling point for babies. Repeat hand over hand down the leg to offer full relaxation.

Now relaxed, gently bob baby's leg gently, let the knee bend outwards as you take the foot to the navel and remember this technique should not be forced and should be playful so you would only go as far as what is suitable for the baby.

Hold the foot down gently using just the relaxed weight of your inside hand, now massage all around the back of the thigh and buttock with your relaxed hand and release the leg. Repeat this movement on the opposite leg.

Clap your baby's feet together and bicycle the legs keeping feet together and knees apart like little frogs.

Hold both feet at the navel and massage lower back with the palm of your hand.

Stroke down from hips to feet with relaxed hands two or three times and then place your thumbs on baby's knees and stroke down back of knees with your fingers to elicit reflex and gently hold both feet to settle and relax.



Foot Massage

Gently cup baby's foot and hold for a few seconds, then blow and kiss on baby's toes.

Open your hands in a cocoon and gently stroke from heel to toes and repeat.

Gently hold a thumb across the arch in the foot as this is nice if a baby suffers with wind. Then hold your thumb under the toes and gently follow the toes with your thumb and finger and repeat.



Tummy Massage

Lay your relaxed cupped hand sideways across the tummy and press in gently and rhythmically from side to side between the hip and the ribs with the heel and fingers then squeeze gently and release two or three times - this can offer warmth to the tummy and will stimulate the ascending and descending colon.

Gently paddle the hands down toward the nappy area with both hands and repeat, making sure your hands are lovely and warm.

Elevate baby's legs and stroke downwards with one hand between the ribs and the hips.

Move your hand clockwise around the abdomen following the babies digestive track being mindful that wind will exit on the right hand side of baby's tummy.

Using two fingers, gently circle from the left to the right of a babies tummy in a rainbow shape to expel gas and help with constipation. This relaxes your baby and eases anxiety and colic, this is also a deep breathing rhythm.

Place your relaxed open hands on the centre of your baby's chest and glide them upwards over the shoulders and then gently pull the arms through the centre of both palms downwards.

Gentle place your hands on the babies chest and create a heart shape to bring warmth to the chest and open the shoulders.

Encourage binding of the arms as this will encourage a baby to relax the arms outwards to the side. Gently circle the palms.



Face Massage

Gently pitter patter finger tips across baby's head and follow with a full palm stroke, being mindful that strokes should be very gentle to encourage relaxation.

Gently stroke and follow baby's eyebrows to the outside of the face and repeat. Using two fingers, large circles on a babies cheeks can help with the pain of teething.

Roll your baby onto their tummy and bring elbows forward to allow baby to rest on forearms or arms and hands. Stroke firmly with relaxed hands, hand over hand from the head and neck downwards all the way down the back of the legs.

Gently draw circles each side of the spine to relax the back and repeat. Cup your hands and give light percussion all around the back of the chest and up and down the spine. Babies love being patted on the back and it strengthens the muscles that support the spine and can be lovely if a baby has had a cold or is congested.

Now with a relaxed hand, massage clockwise around the lower back to reduce any back pressure.



Finishing the Massage

Always finish the massage the way you started so roll the baby back onto their back and stroke down from head to feet and allow the baby to relax and settle.

