



Baby Massage

Quick Reference Guide



Prepare - lights, music, oil/lotion



Begin by massaging both sides together:



1. Head x 5



2. Shoulders to hands x 5



3. Trunk to legs to feet x 5

4. Massage **RIGHT** arm x 5



5. Massage **RIGHT** hand 1-2 minutes



6. Massage **LEFT** arm x 5



7. Massage **LEFT** hand 1-2 minutes



P.T.O.

8. Massage baby's **RIGHT** side x 5



9. Massage baby's **LEFT** side x 5



10. Massage **RIGHT** leg x 5



11. Massage **RIGHT** foot 1 -2 minutes



12. Massage **LEFT** leg x 5



13. Massage **LEFT** foot 1 -2 minutes



To finish massage both sides together again as in step 2:



14. Head x 5



15. Shoulders to hands x 5



16. Trunk to legs to feet x 5