

# Enhancing Mother-Baby Interaction through Baby Massage

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Infant Massage has been beneficial in the following areas:

## BENEFITS OF INFANT MASSAGE

From the [International Association of Infant Massage](#)

### Relaxes & Soothes

Nurturing Touch is a Naturally Rewarding way to relieve stress for you and your baby.

### Deepens Bonding

Essential one-on-one time that will enhance your intimacy, understanding and ability to nurture.

### Improves Communication

Increases your confidence and sensitivity to your baby's cues.

### Contributes to Development

Stimulates growth and healthy development of your baby's body, mind and spirit.

### Empowers

Enhances your ability to understand your baby's individual needs.

### Helps Baby Sleep Better!

Helping your baby release stress which builds daily from new experiences means more rest for baby and you; everyone feels better!

## What to do During a Baby Massage Session

1. The right space- Ensure that the room is warm enough, private and familiar.
2. Organise yourself- ensure before you start:
  - Have clean clothes ready.
  - Have towel and oil ready (olive oil or edible oil may be used).
  - Fill the bath if you wish to bathe your baby following the massage.
3. Sit comfortably - either leaning against a wall or pillows, or kneeling over your baby. This position allows you to have good control of your baby and they get skin contact from your legs.
4. Relax- Shake your hands and arms to relax them.
5. Warm hands- Making sure your hands aren't cold, slowly undress your baby. Brush oil on baby's body with the flat of your hand, if you decide to use oil otherwise just use your hands. You can also massage through the clothes if your baby doesn't like them to be removed.
6. Use gentle sweeping strokes- As you massage your baby, the only pressure needed is the weight of your hands.

