

Legs and Feet

Start by greeting your baby's legs with Resting Hands.

1. INDIAN MILKING



2. HUG AND GLIDE



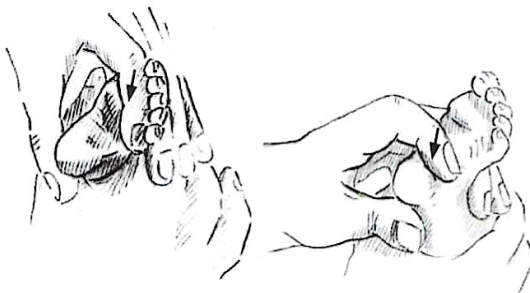
3. THUMB OVER THUMB



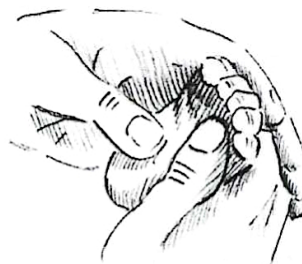
4. TOE ROLL



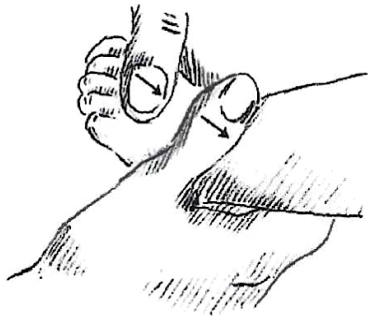
5. UNDER TOES AND BALL OF FOOT



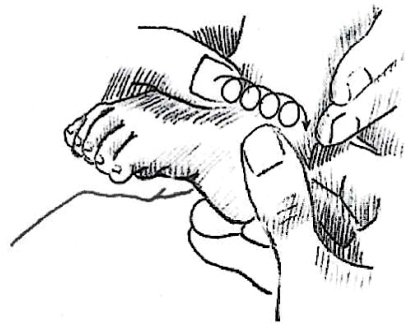
6. THUMB PRESS



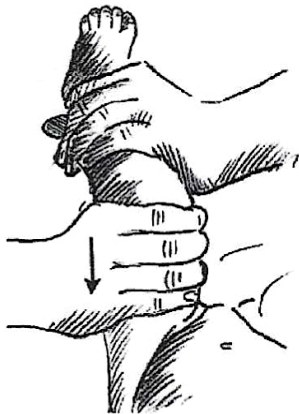
7. TOP OF FOOT



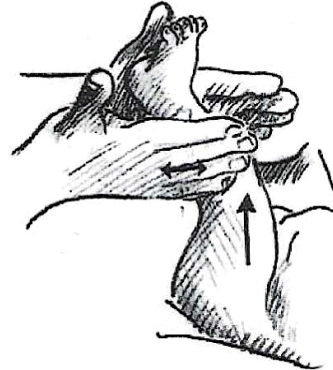
8. ANKLE CIRCLES



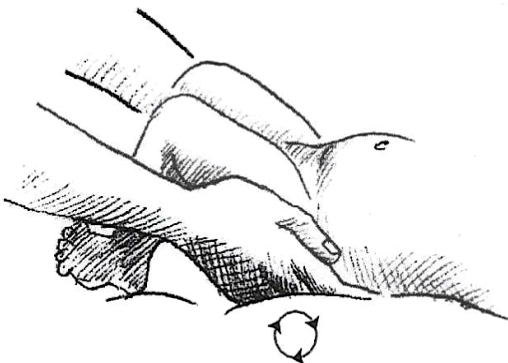
9. SWEDISH MILKING



10. ROLLING



11. BOTTOM RELAXER



12. INTEGRATION

Move both hands with a sweeping stroke from buttocks to feet.



Oils

The use of oils is a complex subject which continues to be researched. The type of oil to use depends on many factors such as cultural preferences, family traditions, skin types, availability and cost.

Vegetable Oils

The International Association of Infant Massage recommends that babies be massaged with a high-quality (preferably organic), unscented, cold-pressed vegetable oil.

Cold-pressed oil is produced by mechanically pressing vegetables, fruits, seeds or nuts with low temperature.

Some advantages for use in infant massage

- Contain beneficial ingredients, e.g. vitamins and minerals.
- Have no added scents as it may mask parent/baby natural body odour (an important element of bonding).
- Are edible and therefore recognised as digestible food by the body.
- Nourishes the skin.

Some disadvantages for use in infant massage

- The oil will become rancid over time due to oxidation. This is recognised by the change of odour, therefore smell the oil before massage.
- Can vary in quality due to the crop and processing method.

Recommendations

- Preferably keep in a dark container and store in a cool dark place.
- For babies with broken skin, a skin infection or open eczema, oil should be avoided on the affected area.

Mineral and Synthetic Oils

A **mineral oil** is derived from petroleum while **synthetic oil** is produced in the laboratory.

Some disadvantages for use in infant massage

- Leaves the infant's skin slippery and therefore may feel unsafe when handling the baby.
- It can be greasy for dressing the baby afterwards.
- Most mineral and synthetic oils have an added scent which has the potential to cause sensitivity.
- Mineral and synthetic oils have no nutritional value.

Essential Oils

The International Association of Infant Massage strongly recommends avoiding the use of essential oils in infant massage oil.

Awake States

QUIET ALERT

- Face is bright-eyed and receptive
- Focused attention, taking in the surroundings
- Calm and relaxed movements
- Regular breathing
- Conveys interest and concentration
- May turn away from overwhelming stimulation to maintain this quiet alert state

Your baby responds and learns best in this state. This is the ideal time for massage.

ACTIVE ALERT/FUSSY

- Considerable body activity
- Variable breathing
- Whimpering
- Difficulty in paying attention or focusing

This state often follows an alert state and may be a sign of overstimulation, boredom or a need for a change of some kind. When responded to you may help your baby return to a calmer state.

CRYING

- High body activity
- Different degrees of intensity and tones indicate the meaning behind the cry
- Grimaces, often with closed eyes
- Skin colour changes may be seen

This state demands your attention to hear your baby's need for something to stop or change. Crying can also be an emotional release that require sensitive acknowledgement.

Sleep States

DEEP SLEEP (QUIET SLEEP)

- Baby breathes slowly, deeply and regularly
- No rapid eye movement under the closed eyelids (non-REM sleep)
- Generally motionless
- Low body activity level with very occasional movements or startles

Your baby uses this state for growth and development.

LIGHT SLEEP (ACTIVE SLEEP)

- Breathing is faster, more irregular or shallow
- Rapid eye movement under the lids (REM sleep)
- Eye opening may occur briefly
- Sucking movements, sighs and smiles can be seen from time to time
- Occasional startles and brief, fleeting jerky movements

In this state your baby's brain is very active, busily storing and organising experiences and information.

Transitional State

DROWSY

- Eyes may be heavy lidded, dazed or closed with fluttering lids
- Body activity and breathing variable
- May whimper
- Delayed responsiveness

In this state your baby may be trying to settle themselves back into sleep or may be trying to wake up.