



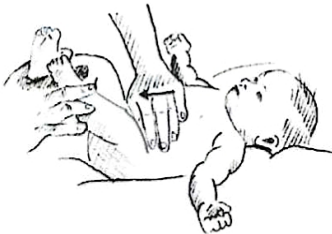
# Stomach

## 1. RESTING HANDS

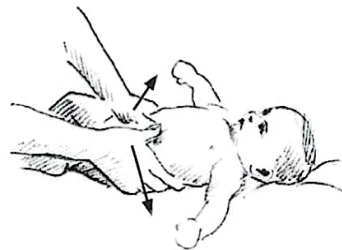
## 2. WATER WHEEL PART A



## 3. WATER WHEEL PART B



## 4. THUMBS TO SIDE



## 5. SUN MOON



## 6. I LOVE YOU



## 7. WALKING



"Looove"



"Yooouu"

# Massage for the Relief of Colic/Gas

This massage routine can be used when problems like tummy pain, wind, constipation or colic occur. Repeat this series of strokes 3 times, 2-3 times a day, for at least 2 weeks.

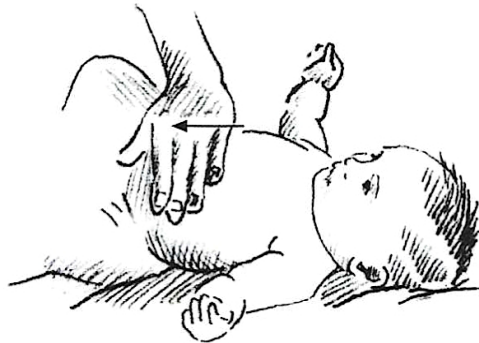
Some alternative methods which can also help are: Resting Hands, Touch Relaxation and Hand Cradling.

## 1. Resting Hands

Begin by taking a few deep breaths to relax. Rest your hands on baby's tummy.

## 2. Water Wheel Part A

Do 6 times with each hand. Stroke with alternating hands from rib cage to legs.



*Water Wheel Part A*

## 3. Knees Up

Knees together and push them gently into tummy. Hold for a slow count of 6.

## 4. Touch Relaxation

Use your voice, hand and rhythmic rocking, patting and light bouncing to help baby relax.

## 5. Sun Moon

Do 6 times. One hand draws a clockwise full circle. The other draws a partial clockwise circle (from approximately 10 to 5 on a clock).



*Sun Moon*

## 6. Knees Up

Knees together and push them gently into tummy. Hold for a slow count of 6.

## 7. Touch Relaxation

Use your voice, hand and rhythmic rocking, patting and light bouncing to help baby relax.