

Infant Massage Strokes

LEGS & FEET

1. **Up the Leg** – hold your baby's foot up with one hand. With your other hand, squeeze and stroke your baby's leg from hip to ankle. Alternate hands
2. **Leg twist** – grasp your baby's leg between both hands and twist back and forth from the hips towards the feet.
3. **Up the foot** – run your thumb up the soles of the feet from heel to toe. Use firm and steady pressure. Alternate thumbs
4. **Play with each toe** – roll each toe between your thumb and fingers
5. **Clockwise feet** – use your thumbs to circle the bottom of your baby's foot in a clockwise motion. Use firm slow pressure.
6. **Small ankle circles** – make small circles around the ankle with your thumbs
7. **Down the leg** – grasp your baby's ankle with one hand. Use the other hand to squeeze and stroke down your baby's leg from the ankle to the hip. Alternate hands.
8. **Roll out the tension** – roll the baby's leg between your hands from the thigh to the ankle and back down to relieve the last bit of remaining tension.

ABDOMEN

1. **Down the belly** – use the edge of your hand to stroke from under the baby's rib cage to his or her pubic bone. You can use semi firm pressure here as long as your baby is comfortable with it. Alternate hands.
2. **Across the belly** – with your thumbs together and pointing up, start at the baby's midline and stroke out towards the baby's sides.
3. **Play the piano** – use your fingers like you are playing the piano and press your fingers gently into your baby's belly. Air bubbles might pop under your fingers.
4. **Sun & Moon** – your left hand always moves clockwise and never leaves your baby's abdomen. Your right hand strokes from 9 to 5 on your baby's tummy. Start the right hand's movement when the left hand is at 5 o'clock and chase your left hand around to 5. Lift it over the left arm and chase it around again.

CHEST

1. **Across the chest** – with your thumbs together and pointing up, start at the middle of the chest and stroke out towards the baby's sides.
2. **Butterfly** – Move your hand from one side of the chest to the opposite shoulder, and squeeze. Alternate hands.

ARMS

1. **Down the sides** – stroke from the middle of the inside arm, down through the baby's armpit and down the side of the chest. Use firm and steady pressure.
2. **Up the arm** – grasp your baby's arm between both hands and twist back and forth from the armpit up to the wrist. Alternate hands.
3. **Arm Twist** – move your hands from the baby's armpit to his/her hand.
4. **Play with each finger** – roll each finger between your thumb and fingers
5. **Small wrist circles** – make small circles around the wrist with your thumbs
6. **Down the arm** – Grasp your baby's wrist with your fingers. Using the other hand to squeeze and stroke from the wrist to the shoulder. Alternate hands.
7. **Roll out the tension** – roll from the shoulder to the wrist.

FACE – These strokes are feather-light

1. **Across the forehead** – with your thumbs together and pointing up, start in the middle of your baby's forehead and work outwards including the eyebrows.
2. **Across the cheeks** – with your thumbs, stroke gently from the bridge of the nose across the cheeks.
3. **Smile** – move your thumbs apart from the midpoint under your baby's nose to make a smile on the baby's upper and lower lips.
4. **Small Jaw Circles** – use the pads of your fingers to make small circles around both jaws.
5. **Around the ear** – place your thumbs or fingers in front of both your baby's ears. Stroke over top and back around the ears, down the neck and towards the collarbone.

BACK

1. **Back and Forth** – Move the palms of your hands across your baby's back horizontally. Work your way from the shoulders towards the bum and back up.
2. **Down the back** – place one hand on your baby's bum. The other hand strokes from the shoulders down the back to meet your bottom hand.
3. **Small Bum Circles** - all around your baby's bum

GENTLE MOVEMENTS

1. **Arms Wide Open** – Stretch the arms to cross over the chest. Go back and forth, across the chest, alternating the arm on top for a good stretch
2. **Arms So Big** – bring your baby's arms above his head and then down to the legs. Alternate up and down.
3. **Legs Wide Open** – open your baby's legs and cross gently in front, alternating the leg on top for a good stretch
4. **Knees to chest** – Hold for 3 to 5 seconds.