

Step-by-Step Guide to a Baby Massage

We begin by putting pressure on the sole of the foot, we can do it for 30 or 40 seconds, whatever we want. After this we are going to place one hand on the sole of the foot and another one on the top and we are going to bring our hands together... like doing this with our hands... And we hold for 10 seconds, 1,2,3,4,5,6,7,8,9 very good.

Next here is the knee, we put one hand below and one hand above the knee and do the same, count to 10, 1,2,3,4,5,6,7,8,9,10, then we come to the hips and do the same, put our hands together 1,2,3,4,5,6,7,8,9,10, and come back 1,2,3,4,5,6,7,8,9,10.... The knee 1,2,3,4,5,6,7,8,9,10, we go back to the hip 1,2,3,4,5,6,7,8,9,10 How long are we going to do this? We are going to repeat this 5 times, after we do it 5 times, we come here to the other leg and start with the massage on the foot... Again we apply pressure, remember it is this movement and we hold for 10 seconds, then 1,2,3,4,5,6,7,8,9,10 the same on the knee 1,2,3,4,5,6,7,8,9,10 the hip 1,2,3,4,5,6,7,8,9,10.

We come back here again for another 10 seconds, we hold for 10 seconds, we hold for 10 seconds until we complete 5 seconds with this one, Okay, we have finished the massage, now we are going to put pressure, we hold the foot and we put pressure upwards, pressure upwards, pressure upwards, how many times are we going to do it? 5 times, 5 times, we could also do this on the legs, as if we were shaking sand or dust, as if we were shaking it, you do it for about 30 seconds and here... then repeat it again.

Like this 2.3.4.5 and then I come here 5 and the other 30 seconds, we can also do it 5 times, something very important, at this moment I am not interacting with the baby because I am explaining what I am doing, but at home we play games with the baby, we tell the baby "honey look at your legs" we are playing with them so that they are happy and on top of that we create a game.

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After we finish here, we move on to the little arms, it is the same practice, we take the little hand, we do the massage for 30 seconds, open those little fingers, open those little fingers, open the thumb too, and we come here, we open the hand and hold for 10 seconds 1,2,3,4,5,6,7,8,9,10 then the elbow, then the elbow, then the elbow is here in the middle and we do the same 1,2,3,4,5,6,7,8,9,10 we come to the shoulders, the same thing we did in the hip 1,2,3,4,5,6,7,8,9,10.

Again we go back to the little hand, we open it, again 1,2,3,4,5,5,6,7,8,9,10, on the elbow 1,2,3,4,5,6,7,8,9,10.

Okay my love, we're going to finish, we're going to finish here, how long are we going to do it?

We are going to do it 5 times, after we finish this little arm we move to that little arm and we start with the little hand, then the massage, up, up, up, up, up, up, up, up, up, 5 times, 5 times, 5 times and then as if we were dusting them, we are going to do this every diaper change, every time we remember, this is how we are going to play with them.

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