

## Dr. Melanie's Things to Know Before Starting Infant Massage

1. Use a plastic page protector to protect your Infant Stroke summary from the massage oil.
2. Wait until your baby is at least 2 months old before you start doing infant massage.
3. Choose an oil that you would put in your own mouth for your massage – cold pressed, unscented vegetable oils are preferred – coconut, grapeseed, almond oil etc.
4. Sit on your floor when massaging your baby to protect him or her from accidentally falling from a high surface.
5. Choose a spot that has indirect light or turn off your ceiling light.
6. Turn off everything in your house that makes noise (TV, radio, etc.) to reduce distractions and improve your bonding experience.
7. Make sure that your room is warm enough for your naked baby.
8. Look for the quiet alert stage – the time when your baby is awake and interested in his or her environment - NEVER MASSAGE A FUSSY, ANGRY BABY.
9. Use a firm and slow pressure when you massage – a gentle squeeze is what you're going for.
10. If you can, establish a routine and massage your baby at the same time of day.
11. If you are both liking the stroke stay there – if not move on. There are no rules about how many times each stroke should be done.
12. Push the poop in the right direction – when doing the abdominal strokes, move your hands clockwise when you look at your baby and your baby looks at you.
13. Feel free to make up your own strokes when you are comfortable with infant massage.
14. Only one person should massage the baby at a time.