

Bonding With Your Brilliant & Beautiful Baby Through Infant Massage

In the beginning, the entire massage may be only still touch. It can be five minutes or thirty minutes. It doesn't matter—whatever your baby is ready for. It may take a month or more to work up to a massage that includes all the strokes. There's no right or wrong order and you may not get to every part every time. That's OK. You can start anywhere or continue anywhere. Think of it as a dance that you and your baby improvise together.

Still Touch

- Check In
- Stomach
- Legs
- Arms
- Face
- Check Out

Connecting Strokes

- Check In
- Chest to Toes
- Sides to Toes
- Heart on Face
- Check Out

Legs & Feet

- Check In
- Milk Down Leg
- Squeeze & Twist
- Slide / Bottom of Foot
- Walk the Sole
- Squeeze the Toes
- Stroke Top of Foot
- Circle Ankle
- Milk Up Leg
- Roll
- Check Out

Stomach

- Check In
- Sweep Down
- Thumbs to Sides
- Clockwise Circle
- I Love You
- Bubble Hunt
- Knees Up
- Check Out

Chest

- Check In
- Sweep Down
- Heart
- Cross Chest
- Shoulder Lifts
- Check Out

Arms & Hands

- Check In
- Pit Stop
- Milk Down Arm
- Squeeze & Twist
- Stroke Palm
- Squeeze Fingers
- Stroke Top of Hand
- Circle Wrist
- Milk Up Arm
- Roll
- Check Out

Face

- Check In
- Heart
- Stroke Forehead
- Stroke Brow
- Stroke Closed
- Eyelids
- Down Nose to Cheek
- Stroke Upper Lip
- Stroke Lower Lip
- Circles on Jaw
- Ears to Chin
- Ears
- Circles Around Head
- Check Out

Back

- Check In
- Back & Forth
- Sweep Down Back
- Circles
- Circles / Thumbs
- Heart
- Comb
- Thumbs on Bottom
- Check Out

Stretches

- Check in
- Round & Round
- Knees to Stomach
- Diagonal Cross
- Cross Arms
- Cross Legs
- Bicycle Knees
- Check Out



This DVD is a practical guide to infant massage. It is not medical advice. You should review your massage program with your doctor before beginning.

Infant massage is not medical treatment or therapy.

If your baby shows signs of discomfort or distress during the massage, STOP. Consult with your doctor prior to resuming.