








## Routine for the Legs and Feet:

Stroke	Benefits	Comments
<b>Resting Hands</b> 	Begins communication. Making a connection. Can be done at both the beginning and end of the massage.	Verbally ask permission. Show hands to infant. Make eye-to-eye contact.
<b>Cuddle and Glide</b> From hip to ankle 	Relaxing and aids circulation to hips, legs and feet  <b>C- Stroke</b> from hip to ankle. Can include foot.	Can adjust stroke to go from knee down to ankle.  <div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <p><b>Please make sure to massage BOTH legs.</b>  <b>**Start with unaffected to affected side to transfer "normal" sensation.</b></p> </div>
<b>Thumb over Thumb</b> One thumb over the other, heel to toes. 	<b>Stimulating</b> - toe to heel  <b>Relaxing</b> - heel to toe ( <i>many nerve endings in the feet</i> )	Begin with gentle pressure.  For hypersensitivity, start with either a containment hold to foot or massage with infant/child wearing sock.
<b>Press my Sole</b> Press thumbs or finger pads over bottom of the foot heel to toe. 	Relaxing	Support leg/foot/and ankle  <div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <p><b>This massage stroke can mimic heel pricks experienced with NICU stay. May need to skip this stroke and complete others</b></p> </div>

<p><b>Top of Foot</b></p> <p>From toes to ankles</p> 	<p>Stimulation and promotes circulation</p>	<p>Support leg and ankle</p> <p>Can also be done over a sock if there is hypersensitivity.</p>
<p><b>Roll Each Toe</b></p> <p>Gently roll each toe between your fingers.</p> 	<p>Body awareness</p> <div data-bbox="641 772 1456 1182"> <p><i>Tune is “Twinkle, Twinkle Little Star”</i></p> <p>Twinkle, twinkle little toe</p> <p>How I want to see you grow</p> <p>Walking, running, jumping, too</p> <p>Taking Mommy, Daddy (<u>anyone</u>) with you</p> <p>Twinkle, Twinkle, little toe</p> <p>How I want to see (<u>name</u>) grow</p> </div>	<p>Avoid pulling the toes</p>
<p><b>Ankle Rotations</b></p> <p>Hold the leg just above the ankle with the other hand grasp near the ball of the foot make ankle circles 3X to (R) then (L)</p> 	<p>Stimulating and promotes circulation.</p> <p>Joint Flexibility, body in space awareness</p> <div data-bbox="691 1419 1406 1686"> <p><b>TIP: Ankle rotations are great to do before and after orthotic wear.</b></p> </div>	<p>Support leg and foot</p>

### Cuddle and Glide

Ankle to the hip, by cupping both hands around the leg.



Stimulating and promotes circulation

**Stroke Direction:**

**C-Stroke from ankle to hip.**

Strokes toward the heart are stimulating.

**\*\*If the infant or child has a heart condition you may want to skip this stroke to not "overload" the heart.**

### Gentle Bounce

Support under the calf and ankle with both hands using gentle bounce.



Stimulating and tones muscles

Not for babies with hip problems

**TIP: Be mindful of hypermobile joints.**

**Can skip teaching this massage stroke to parents if you are concerned of safety.**

## Finishing Stroke

Long firm yet gentle stroke integrating flexion to midline.



Infant on tummy.



Infant on back.

Body awareness

Relaxation

Body Awareness

Organizing

Communication

Gentle touch

Long strokes

## Flex to Midline





End with gentle flex to midline (helps babies realize that they are connected to their body parts)  
Important up to 6 weeks or as long as infant needs it.

Do at end of sequence.

Can be done in addition to finishing stroke and/or resting hands.



## Strokes for Tummy (Abdomen):

Stroke	Benefits	Comments
<b>Resting Hands</b>	Making a connection Asking permission	Eye contact, Show hands
<b>Walk Across – walking spiders</b>  <i>'Walk' fingers on abdomen, start from ascending, to transcending, and then descending colon from PARENT looking down at baby from left to right. Always end at descending colon)</i>  	Moves trapped gas and may help you feel where the blockage is at causing discomfort  <b>Stroke Direction</b>  	One hand only, newborn to 6 weeks, then 2 hands are okay  <b>Avoid pressure directly on the navel at any time on babies.</b>  Use pads of fingers.

**TIP: Before teaching abdominal massage, educate on the direction of the digestive system.**

**Coach the parents, "The stroke will be from YOUR Left to Right."**

## Yummy Tummy

Paddling strokes from under rib cage towards you, stroke toward groin, hand over hand)



May relieve constipation and gas  
May relax abdominal muscles.

Use gentle pressure  
Hand will be flat.  
Can be done one-handed.

### TIPS:

1. Avoid pressure on healing umbilicus.
2. Use modified technique around healing umbilicus and feeding tubes.
3. Must wait at least 30 - 40 after the end of a feeding to do abdominal massage

## Hearts For Tummy

Thumbs arch up on each side of the navel but below the ribs.



Relieves constipation, supports bowel movement

### Stroke Direction



Heart-shaped stroke from the navel, upwards to under rib cage, outward and down, ending over the bladder.

Slow and gentle

**Avoid pressure directly on the navel**

## Time For Tummy



Moves gas and eases constipation, support bowel movements

### StrokeDirection



Left hand makes "clock- wise" circles around the abdomen.

Right hand makes a right side "clockwise" half-circle.  
**(PARENT left to right)**

Go clockwise  
**Avoid pressure directly on the navel**

### TIPS:

1. **May give verbal direction of "turning right in your car."**
2. **Left handed people tend to have difficulty. Coach that the clockwise direction is most important.**

## I "C" U

This is a 3-part stroke. See Directions.



Moves gas and eases constipation, supports bowel movements

### Stroke Directions

Stroke down  
Descending  
colon.  
"I"



Curve from  
Transverse  
down to  
Descending  
colon.



Up-side-  
down "U"  
from  
Ascending  
around to  
end of  
Descending  
Colon.



One hand only.

**Avoid pressure  
directly on the navel**

**Finishing Stroke:**




**Flexion to midline or  
Resting Hands ONLY**



Body awareness,  
completion

Soothing to digestive  
system.

## Strokes for the Chest:

Stroke	Benefits	Comments
<p><b>Resting Hands</b></p> 	<p>Making a connection Asking permission</p>	
<p><b>Hearts for You</b> Heart shape stroke starting in the center of the upper rib cage to navel</p> 	<p>Stimulates, deepens respiration, moves excess mucous</p> <p><b>Stroke Direction</b></p> 	<p>Respect guarding response, very gentle pressure on the chest area</p>

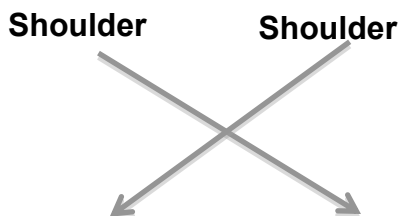
## Cross My Heart

Diagonal glide strokes starting with a gentle squeeze on the shoulder down and across the chest to the rib cage. Right hand from left shoulder to rib cage then left hand from right shoulder to left rib cage.



Stimulates, deepens respiration, moves excess mucous

### Stroke Direction:



Respect personal boundaries

Stroke can be done from shoulder down to opposite hip.

Stroke can be done gliding up to shoulder, back down to hip, then change to other side.

## Finishing Stroke:

Flexion to Midline or Resting hands ONLY.

Body awareness, relaxation and completion

Apply gentle pressure

## Strokes for the Arms and Hands:

Stroke	Benefits	Comments
<b>Resting Hands</b>	Making a connection Asking permission	Eye Contact  Show hands
<b>Cuddle and Glide</b>  Upper arm to wrist. <div data-bbox="154 462 555 837" data-label="Image"> </div> <div data-bbox="154 882 555 1236" data-label="Image"> </div>	Relaxing and body awareness  <b>Stroke Direction:</b>  <b>C- Stroke at the top of the arm (shoulder area) and stroke toward the wrist.</b> <div data-bbox="698 728 1409 995" data-label="Complex-Block"> <p><b>TIPS:</b></p> <ol style="list-style-type: none"> <li>1. May just do elbow down for clavicle fx, shoulder dystocia, etc.</li> <li>2. <u>Massage unaffected to affected arm.</u></li> </ol> </div>	Stabilize Joints



### Open Your Palm

Stroke from base of palm to base of fingers.



### Close Your Palm

Stroke base of fingers to base of palm.



Body awareness and relaxing

Opens up the palm and 'releases' fingers

#### Note:

To **open baby's hand** place thumb on inside of wrist and press down with index finger on back of first row of knuckles.

To **close baby's hand** press thumb or index finger in middle of palm.

### Finger Rolls

Gently roll each finger.



Relaxing and body awareness

Go slowly, do not force open, pat or stroke on top of hand.

May need to flex baby's wrist to open hand.




### Top of Hand

From knuckles to wrist.







Relaxing

Support wrist joint

<p><b>Wrist Rotations</b></p> <p>Grasp arm just above the wrist, with other hand gently hold fingers circle 3X to(R ) and 3X(L)</p> 	<p>Stimulation/Promotes circulation</p>	<p>Support wrist</p>
<p><b>Cuddle and Glide</b></p> <p>From <b>wrist</b> to shoulder.</p> 	<p>Stimulating/Promotes circulation</p> <p><b>Stroke Direction:</b></p> <p><b>C-Stroke from the wrist toward the top of the arm.</b></p> <div data-bbox="711 1024 1393 1325"> <p><b>TIPS:</b></p> <ol style="list-style-type: none"> <li>1. Be aware of injuries to the arms.</li> <li>2. Do not recommend completing with infant/child with heart condition.</li> </ol> </div>	<p>Stabilize joints</p>
<p><b>Gentle Bounce</b></p> 	<p>Stimulating/Promotes Circulation</p> <div data-bbox="613 1556 1032 1755"> <p><b>Support under the arm and wrist with both hands giving gentle bounce.</b></p> </div>	<div data-bbox="1040 1402 1485 1612"> <p><b>Be mindful of any injuries to the arm.</b></p> </div>
<p><b>Finishing Stroke</b></p> <p>Long stroke, shoulder to fingers, resting hands, or midline flexion.</p>	<p>Body awareness and completion.</p>	<p>Apply gentle touch</p>

## Strokes for the Face and Head: *No extra oil is used*

Stroke	Benefits	Comments
<p><b>Resting Hands</b></p> 	<p>Making a connection and asking permission</p>	<p>Gentle touching on side of face and scalp</p>
<p><b>Heart Face</b> Heart-shaped strokes from forehead, to sides of face, ending at chin.</p>  	<p>Relaxing</p> <p><b>Stroke Direction</b></p> 	<p>Go slowly and gently.</p> <p>Can do one side of face then move to opposite side.</p> <p>Can use pads of your fingers or thumbs to complete stroke.</p>

### Relax Your Eyes

Trace the eyebrows from inside to out.



Body awareness,  
relaxing

“

Can do one side at a time.

### Happy Sinuses

Stroke down bridge of nose and across cheeks and cheekbones



Open sinuses and  
relaxes cheek muscles

**Stroke Direction:**



Gently, use finger pads or thumbs.

### Smiley Face

Trace smile shape upper and lower lip



### Lower Lip



Stimulating.

**Stroke Direction**

(for both)



start

Promotes body awareness for muscles used for speech, feeding, and sucking.

**TIP:**

**This is a good massage stroke to do before working on feeding or articulation.**

## Cheeky Chomp

Small circles around the jaw.



Relaxing, tones muscles used for feeding and sucking

Apply slow gentle strokes

Good stroke to do for children who grind their teeth.

## Ears, Neck and to the Chin

In front, then behind ears and around under the chin.





Stimulating, helps with feeding.

### TIP:

Can give the direction, "It's like tucking your hair behind your ears."

Avoid if baby has ear infection or swollen glands

<p><b>Large Scalp Circles</b></p> <p>Use whole hand to make gentle large circles around infant's head.</p> 	<p>Very relaxing.</p> <p>Great for cranial shaping.</p> <p>Great massage stroke to start a massage routine to the infant's head/face.</p>	<p>Watch out for "soft spots."</p> <p>(The soft spot at the back of the head usually closes by 2-3 months.)</p> <p>(The soft spot at the top of the head usually closes by 18 months.)</p> <p>Use clinical judgment when deciding to teach parents.</p>
<p><b>Small Scalp Circles</b></p> 	<p>Relaxation of scalp and neck muscles giving back of head stimulation</p> <p><b>OPTIONAL STROKE</b></p>	<p><b>Avoid "soft spots."</b></p> <p><b>TIP:</b> Good stroke to do before and after helmet wear.</p>
<p><b>Finishing Stroke</b></p> <p>Resting hands or flex to midline.</p>	<p>Body awareness and completion</p>	

## Strokes for the Back:

Stroke	Benefits	Comments
<b>Resting Hands</b>	Making a connection and asking permission.	Avoid pressure on the spine
<b>Back and Forth</b> Hands move back and forth, molding to fit back, neck to bottom. <div data-bbox="181 531 584 835" data-label="Image"> </div> <div data-bbox="181 873 584 1178" data-label="Image"> </div>	Stimulating <div data-bbox="662 459 1408 1087" data-label="Complex-Block"> <p><b>TIPS:</b></p> <ol style="list-style-type: none"> <li>1. This is a great stroke to include with Tummy Time.</li> <li>2. Great stroke to do when working on neck and trunk strengthening.</li> </ol> </div>	Make several passes
<b>Swoop To Bottom</b> Flat hand stroking from neck to bottom <div data-bbox="191 1360 558 1648" data-label="Image"> </div>	Relaxing.	Can do a little quicker of a stroke to stimulate extensor muscles.

### **Swoop All The Way**

Long stroke from neck to ankles.



Relaxing,  
Body awareness

### **Small Circles**

Small circles along both sides of the spine.



Relaxing for developing muscles

**Stroke Direction:**



**Great to do during or after Tummy Time.**

Stay on the sides

### **Finishing Stroke**

Pads of fingers stroking from neck to bottom or can go to ankles.



Relaxing and soothing signaling to the child that the session is over.

Can do resting hands to middle of the back.

Can roll infant to his/her side for flex to midline.



# GAS AND COLIC ROUTINE

Complete the following sequence 3 times.

If massage is completed after a feeding, you must wait at least 30 minutes after the feeding.

Your infant may be fussy during the massage; however, it is important to complete the 3 cycles.

## 1. Resting Hands



## 2. Yummy Tummy (6 to 8 times)



## 3. Knees/ Hips flexed in toward tummy and gently rock back/forth x 6-10 seconds

4. Time 4 Tummy (6 to 8 times in clockwise direction)



5. Knees/ Hips flexed in toward tummy and gently rock back/forth x 6-10 seconds

## Touch & Move Exercises: 'Warm-up' for Baby

These gentle and fun movements are based on yoga techniques, adapted for a baby. These are considered gentle exercises for baby, working the arms, legs and stomach areas, and may encourage spinal alignment. Parents often use them to have a 'playful' time with baby and may be done before or after the massage.



### Touch & Move Exercises:

Stroke	Benefits	Comments
<b>Resting Hands</b>	Making a connection and asking permission	Singing a nonsense song or chant may help such as <i>"Alligator Pie"</i>
<b>Crossing Arms</b> Across the chest: alternating arm on top.	Flexibility, stretching and relaxation, body awareness	Encourage the arms to come tight across chest
<b>Arm and Leg Cross</b> arm and opposite leg across the trunk: alternate arm and leg on top	Flexibility, balance coordination, stretching/relaxation and body awareness	Encourage the limbs to cross; not to force any movements
<b>Crossing Legs</b> on the tummy: alternating leg on top.	Flexibility, stretching, relaxation; tones digestive tract	Encourage the legs to bend slowly and gently
<b>Bicycle Baby</b> alternating legs 'pump' up and down.	Flexibility, coordination and relaxation	
<b>Finishing Stroke</b> pressure than previous effleurage. See comments...	Completion and body awareness	Apply gentle pressure Flex baby's arms and legs onto tummy and gently rock on firm surface, or wrap (swaddle) in blanket to help re-integrate all body parts, and hold them close to you, to reconnect with you, up to age 6 weeks.

## BIRTH TO 6 WEEKS

These strokes are modified facial strokes for the premature or newborn infant. These strokes and movements are designed to assist with "prepping" the infant for feeding.

### Supportive Stimulation

- **"O" My Lips** – Using one finger, move slowly around baby's mouth in circles, in clockwise direction using slight pressure
- **Variations** –
  - With index finger, gently sweep down from tip of nose over the lips to the chin. Return and repeat
  - Gently press thumb into palm of baby's hand
- **Arm Extensions** – Hold the baby's hand, hold parent's hand on opposite shoulder of baby, flex the elbow and bend baby arm in and out, and in and out, 2-3 times. Change arms.
- **Leg Extensions** – Hold the baby's leg, put parent's hand on opposite shoulder of baby, flex the knee and bend baby leg in and out, and in and out, 2-3 times. Change legs.



This set of strokes are modified abdominal strokes.

### Supportive Stimulation

**Spider Walk** – Using all four fingers, walk lightly or do tapping motions across the abdomen moving ONLY from parent's left to right side. (Gentle but firm, don't tickle) Focus on area just above the umbilicus. Lift and repeat technique

**Spirals** – Using index finger start to the left of the cord stump. Moving clockwise, make gradually widening spirals, going outward & toward the edge of the abdomen. May repeat ALWAYS return to the position to the left of the cord stump finish at the end of the descending colon.



## BIRTH TO 6 WEEKS

These are two abdominal strokes for the premature or newborn infant. These help to "break up" gas and constipation.

Tummies

Tummy Kneading – Place heel of hand on one side of baby, staying below rib cage, resting fingers on opposite side of the belly. Gently push heel of hand against belly and then, pull with fingers creating a rhythmic rocking motion, (1, 2, 3, - 4, 5, 6)



Tummy Hearts – Place thumb/index finger on each side of umbilicus. Stroke outward, then lift & return as if strumming. Then, move fingertips upwards on each side of umbilicus to just below rib cage & then downward to bladder, forming a heart!



This is a slightly modified Gas and Colic Routine. It is still only 3 cycles.

Tummies

Yummy Tummy - Place cupped hand on abdomen just below umbilical stump; stroke hand over hand downward towards the groin. Use a gentle paddling motion, ensuring that one hand is always on baby. May also be done with fingers.



Eezie Kneezies - Flex the legs together or one at a time, bringing knees up on lower abdomen. Hold briefly. Check reaction of the baby. Do a gentle pulsing action (1 and 2 and 3 and). Gently jiggle the legs to release all tension.



Spider Walk – Repeat Spider Walk Stroke.



## BIRTH TO 6 WEEKS

Suggested lower body strokes to help the premature or newborn infant relax.

### Supportive Relaxation

The Gentle Stretch – With baby lying face up, place hands under buttocks, fingers in sacral area. Gently push upward motion with your fingers while keeping your hands cupped under the baby's bottom, lifting the hips up about 2 inches with each stroke. Lift, release, and repeat creating a slow gentle rhythm.

O My Sole – Move one thumb over the other stroking from heel to toes on bottom of foot or use thumbs to apply a gentle pressure technique. Gentle squeezing and rolling of the toes may be included.

