

TRANQUIL BUBS

# Baby Massage eGuide

A simple and interactive guide to learn Baby Massage from the comfort of your own home!

0-12  
months

Bonus Tranquil  
Move and Play  
exercises included!



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## Disclaimer

The content in our eGuide is general advice and in no way should be taken as medical advice. The eGuide is set up for you to follow as a full guide however, we do understand that life can be busy, and you may use bits and pieces from the eGuide on any given day. We always advise you to follow our 'Before you massage' steps to ensure it is the correct time to massage your baby. Always do a patch test with oil or lotion 24 hours before giving your baby a massage to ensure that they do not have any skin sensitivity or allergy to the oil or lotion. Please also read our 'When not to massage' section to ensure that you are only massaging at the appropriate time. The author and Tranquil Bubs cannot be held responsible for any damage or injury resulting from the practise you provide to your baby from the advice given in this eGuide.

If you feel something isn't quite right in regard to your child's health and development, do not hesitate to contact your maternal child health nurse, health professional, medical practitioner or pediatrician to seek advice. Always trust your instinct.

If you have a medical emergency, dial your national emergency service (in Australia dial 000).

If you need to seek medical advice about the care and health of your child (from birth to school age) and you reside in Australia, call The 24-hour Maternal and Child Health line at 13 22 29.

Call the 24-hour Poison line at 13 11 26 if you think someone has made an error with medication or has been poisoned.

PANDA national helpline supports women and their families through perinatal anxiety and depression. PANDA is always there for you. To contact them, dial 1300 726 306.

COPE provides support for the emotional challenges of becoming a parent. They can be contacted by calling 1300 740 398.

The Australian Parenting website 'Raising Children Network' also has an abundance of wonderful resources that provide up-to-date and evidence-based information about raising your child at [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

# Tranquil Bubs' Community



“Throughout my practice I have seen the many benefits of infant massage for both baby and parents. Massage helps to create a relaxing environment that promotes bonding and attachment. This positive interaction helps babies feel relaxed, secure and connected to parents, and increases parents’ confidence in caring for their baby. There are also multiple emotional benefits for both.”

**Rebecca - Midwife and Maternal Child Health Nurse.**

“As a perinatal and infant mental health clinician, I am always looking for resources to support parents to enhance their relationship with their baby. The Tranquil Bubs eGuide is a wonderful tool, teaching parents and infants how to enjoy the wonderful benefits of baby massage. Stephanie is a highly experienced infant massage instructor who I’ve witnessed first-hand, supporting parents to learn baby massage. She has developed a clear and easy-to-use guide any parent can use, from her many years of experience and expertise.”

**Anthea Barry - Perinatal Counselling.**

“We love attending Stephanie’s baby massage classes. My baby has been constipated recently and since I have been practising the tummy routine, my baby is feeling a lot happier and calm.”

**Emily - A Tranquil Bubs’ Mum from baby massage class.**

# What will you learn by reading our eGuide?

- How to give your baby a full body massage.
- The wonderful benefits of baby massage for both you and your baby.
- How to enhance your communication skills with your baby by reading engagement cues and being aware of when not to massage, by reading your baby's disengagement cues.
- Simple midline play and eye-tracking activities, plus more motor skill exercises from our 'Tranquil Move and Play' program.
- A collection of songs to enhance your play time by following our 'Tranquil Rhyme Time.'
- A new tool which you can add to your already bursting parenting toolkit!

"Massage is an expression of love, through a special kind of caring touch."

- Amelia D Auckett

## Why is baby massage so wonderful?

Baby massaging has been loved and practised for centuries by many families around the world including in India, Africa and Nepal. It has only been in more recent years that baby massages have become more popular in Western culture. Nurturing touch begins early on and is one of the first senses to develop in the womb. There is evidence-based research suggesting that when you communicate with your baby through positive touch, you promote a sense of feeling safe and secure. By giving your baby a massage, you can provide a similar environment to what your baby has been familiar with in utero. You can encourage your baby to feel calm, comforted and loved. Exploring the sense of touch can also allow your baby to interact with the world, allowing them to receive and organise information, which will help them to make sense of the world.



# Getting started

The preparation sequence is extremely important to complete before you begin to massage your baby, because it will help you decide if this is the right time to massage. We ALWAYS advise that you ask your baby permission prior to beginning a massage sequence. For more information, please ensure you have read all of the 'Before you massage' chapter.

Before you start, take three deep breaths, roll your shoulders forward, back and then drop your shoulders down into a relaxed position. It is important for both you and your baby to feel calm and content prior to beginning your massage routine. Please click on the 'Tranquil tip' icon throughout the massage sequences to find handy tips along the way. The last few things to do before we start, is to wash your hands, remove jewellery from your hands/wrists, ensure your nails have been cut short and find a comfortable and cosy position in your home.

Spread out on the floor and let the baby massage magic begin. Yes it's true... you've got this!

## Asking permission to begin a baby massage sequence



Ask for permission to give your baby a massage, by placing your hand on the chest and look for engagement cues ('Before you massage' chapter).

Always ensure your baby is feeling happy and content before you begin to massage.



Remove your baby's clothing, including nappy if you would like to include nappy-free time. Gently place your hand on the area where you are going to massage to let your baby know where you will be starting.



Pour a small amount of oil/ lotion onto the palm of your hand.



Slowly rub the oil/lotion onto your baby's skin. When performing a full body massage, you will start on your baby's leg, from the hip to toes.



Tranquil tip

It is now time to begin your baby massage session. Go you! Let's start by moving onto the 'Legs and feet' massage sequence.

