

BabyROO Massage Checklist



1. Massage at a time when your baby is happy and you are relaxed and not in a hurry. Immediately after a bath can be a great time to massage your baby.
2. Remove any jewellery that may scratch your baby during massage and put it in a safe place. Long fingernails are not recommended, especially if massaging the facial area.
3. Keep your hands warm and be sure that your hands are warm on your baby.
4. Wear comfortable clothing yourself and the less clothing for baby, the better. Less clothing means more touch stimulation and freedom of movement for your baby.
5. Prepare a flat, safe surface on which to massage your baby. You can use a towel, sheet, blanket or lambs wool rug to place under your baby. A change table is the perfect height for you if you don't want to sit on the floor or on a bed. Just remember never to leave your baby unattended.
6. Have a bottle of organic, cold pressed fruit, vegetable or seed oil ready for use and within reach. Do not use any oil that you yourself would not put in your mouth. Nut oils are not recommended for baby massage.
7. When using an oil, always test a little of the oil on a small patch of your baby's skin and leave for 24 hours to check for any reaction. If the skin looks red or inflamed, do not use that oil.
8. If you use an oil, be careful when you pick your baby up as their skin could be slippery.
9. Massage your baby slowly to enable the messages to be absorbed through the central nervous system to the brain.
10. Make sure that all abdominal strokes, (tummy area), are performed below the diaphragm. You can find the diaphragm by gently drawing a line with your fingers across from your baby's lowest ribs. The diaphragm is directly above this line.
11. There are so many good reasons and many lovely ways to enjoy massage with your baby. Follow your instincts and baby's reactions.
12. You will find more information and lovely examples of baby massage at your local GympaROO centre and throughout the Active Babies Smart Kids episodes, specifically Episode 3. (Link on home page of this website).

DO NOT massage your baby if:

- Your baby has open or weepy wounds, bleeding, skin irritations or burns, including sunburn – fractures or other acute injuries.
- Your baby has just been fed or has hiccups. Avoid massaging the abdominal area (tummy).
- You or your baby are feeling tired, upset or just not in the mood.