



### *The Massage Routine for the Legs*

The various strokes that will be introduced during this routine have many different benefits for your baby, and a short description of these is included as each stroke is described. It is a good idea to start with the legs when introducing massage as it is usually a place where your baby is most used to being handled from nappy and clothes changes and so most receptive to this new type of touch in this area. You can then move on to massage on other parts of the body when your baby is ready.

**Downward stroking** (Soothing, good for the circulation and skin condition)

- Place one hand at the top of baby's leg and with a firm stroke glide your hand all the way down the leg. Just before the reach the bottom of the leg start at the top with the other hand and continue this stroke, alternating hands building up a rhythm.



**Ankle soother** (Good for the skin condition and joints)

- Support the ankle in one or both hands and use your thumbs to make small circles on the front of the ankles. Repeat on the back of the ankles.



### **Heel helper** (soothing)

- Support ankle with one hand. Make the other hand into a cup shape and, keeping it relaxed, place it onto baby's heel and move it in circles over the heel.



**Sole strokes** (Beneficial for many parts of the body as stimulating pressure points that influence different areas including many of the internal organs. Massaging the underside of the toes can also help relieve teething pain)

- Support leg with both hands. Move thumbs, either together or alternating, upwards and outwards over sole of foot. Make sure to use a firm pressure so as not to tickle.



Repeat all strokes on other leg.



Move baby's legs in a marching action to finish the leg strokes.