

# Baby massage—Time to Relax

by: Krystyna Csatlos

**D**o you find that you're always on the go? If you are reading this while feeding your baby or doing the dishes (mind you don't get the pages too wet), then chances are the answer is: Yes.

Do you know how this might be affecting your baby? Babies reflect what they see, so your baby may also feel "on the go": always wriggling, finding it hard to wind down. While it's hard to stop our lives from getting ever busier, we could always do with more ways to relax.

One way you can relax and still look after your baby is to have a magical time giving your baby a massage. You can't give a massage when you are tense and distracted, so setting aside some time each day for massage will force you to relax and focus on your baby. It doesn't have to be long (actually it should only be as long as both of you are enjoying it), but it can be precious.

## Benefits of infant massage -

Relaxation of you and your baby is not the only benefit of a good massage. You may find other benefits, such as:

- \* Improved Bonding and Attachment
- \* Increased confidence in your parenting
- \* Relief from physical pain caused by muscular tension, teething and colic
- \* Improved muscle tone, coordination and brain development
- \* A new way to have fun with your baby

***But the only way to know which benefits you will experience is to simply try it!***

## Top tips for a good massage -

- \* **Massage when your baby is in the mood**  
Wait at least 45 minutes after feeding and look for when your baby is calm and alert.



- \* **Use unscented cold-pressed vegetable oil (preferably certified organic)**

A baby's sense of smell is much more developed than many of its other senses. It is also stronger than ours, so fragranced oil may overwhelm your baby without you even realising it. Using vegetable oil rather than mineral oil reduces concerns of your baby putting their oily hands (or toes!) in their mouth.

- \* **Make sure you're relaxed**

For your baby to relax, you have to be relaxed. Use whatever technique works for you.

- \* **Ask your baby permission**

Teaching your baby that they are in charge of their body allows them to build a positive self image to use throughout their lives. Keep communicating with your baby to make sure they are still enjoying the massage.

- \* **Use firm strokes**

Light strokes or poking may annoy your baby; not what you want at all!

- \* **Take a class.**

If you are not sure, ask someone who can help.

*But above all, relax and enjoy yourself, because that's what you want your baby to reflect back to you!*

Krystyna Csatlos is a mum of two and a Certified Infant Massage Instructor with the International Association of Infant Massage  
[www.babyharmony.com.au](http://www.babyharmony.com.au)