



BENEFITS OF NEWBORN/INFANT MASSAGE

AIDS DIGESTION, HELPS GAIN WEIGHT. MAY RELIEVE COLIC/GAS

- **HELPS ORGANIZE NERVOUS SYSTEM – COORDINATION, BRAIN FUNCTIONING, MUSCLE TONE.**
- **CIRCULATION IS IMPROVED – SPEEDS HEALING OF BIRTH RELATED TRAUMA**
- **CALMS – DEEPER, MORE RESTFUL SLEEP.**
- **IMPROVES IMMUNE SYSTEM**
- **BONDS NEWBORN TO CAREGIVER**
- **NOURISHES THE SKIN**

WHEN CAN I MASSAGE MY BABY?

- **MUST BE: 3-4 POUND MINIMUM
AT LEAST 32 WEEK GESTATION AGE
MEDICALLY STABLE**
- **HEALING STATE OF BIRTH-RELATED INJURIES IS ACCEPTABLE**
- **IF PREMATURE OR ILL, HEALING TOUCH ONLY**

WHEN CAN I NOT MASSAGE MY BABY?

- **FEVER**
- **ILLNESS**
- **VOMITING**
- **FRACTURE/INCISIONS – WORK AROUND OR HEALING TOUCH**
- **MALIGNANCY**
- **ANY QUESTIONS – CALL PHYSICIAN**

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