



## **GUIDELINES FOR MASSAGING**

- **COLD-PRESSED OILS – NO SCENTS**
- **IF COLD INDOORS, DO OVER CLOTHES**
- **USE PILLOW OR BLANKET TO SUPPORT**
- **CONTAINMENT – USE BLANKET & ALWAYS KEEP ONE HAND ON BABY**
- **GENTLE PRESSURE, PADS OF FINGERS**
- **REPEAT STROKES SEVERAL TIMES**
- **STROKE MORE SLOWLY & GENTLY OVER TENDER AREAS, BUT DO SO AS IT MAY PROMOTE THE HEALING PROCESS. KEEP CORD DRY & CLEAN**
- **IF CRYING OR FUSSY – LISTEN. STOP & COMFORT IF NECESSARY, THEN TRY AGAIN. IF STILL NOT TOLERATED, STOP & TRY AGAIN LATER.**

## **GETTING STARTED**

- **WAIT 30 MINUTES AFTER FEEDING UNLESS BREASTFED.**
- **MAKE SURE ROOM IS WARM.**
- **LIGHTS LOW, MUSIC SOFT. CALM ATMOSPHERE. GOOD TIME TO ESTABLISH ROUTINE.**
- **WASH HANDS.**
- **MAKE SURE YOU ARE IN A CALM STATE.**