

Infant Massage Techniques

Routine for relief of gas and colic



Strokes designed for the stomach will aid in toning the intestinal system and help relieve gas, colic and constipation.

The purpose of these strokes is to move gas and intestinal materials toward the bowel. The intestinal tract starts in your baby's lower right belly (your left when looking at your baby); therefore, most of the strokes end at the lower left belly (your right when looking at your baby). Strokes are done from the rib cage down, and a clockwise motion is used for circular strokes.

Getting started

Baby's placement for these strokes should be directly in front of you. Included are some guideline pictures with a brief description to help you through the routine.

Repeat each sequence two times a day for two weeks.

Paddling

Massage method 1



Using the side of your hand, make downward strokes on baby's tummy from rib cage to pelvis. This is a paddling motion of one hand following the other, like a water wheel.

Fulling

Massage method 2



With thumbs together and flat on baby's tummy, use a push-pull motion out to the sides. Be sure to use a flat thumb and do not poke into the tummy. The "fulling" sequence should be done in this order:

1. Two strokes just above the navel.
2. One stroke on each side moving out from the navel.
3. Two strokes just below the navel.

Continued

Hands of a clock Massage method 3



This stroke is done in a circular motion from baby's right to left (your left to right). This stroke follows the intestinal tract.

1. Make an upside-down half moon with your right hand (from your left to right).
2. Make a full circle in a clockwise movement with your left hand.
3. Always create clockwise motion when the right hand begins, the left hand follows.

I love you Massage method 4



1. Form an "I" shape on the left of the baby's belly (your right).
2. Draw an upside down "L-LOVE" going from your left to right.
3. Form an upside-down "U-YOU" again from your left to right.

As you do these motions, say "I - LOVE - YOU."

Continued

Walking or moonwalk

Massage method 5



With fingertips, “walk” across the baby’s tummy from left to right just above the navel. Use a push-pull motion (do not poke). While doing this stroke, you may even feel gas bubbles moving.

Knee tummy press

Massage method 6



Place your hands on the baby’s calves, including the knees. Gently push as a unit towards the tummy, hold for three to five seconds. Release and repeat three to five times.

Reference: *A Handbook for Loving Parents*

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The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

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