

**Baby Massage Instructor**  
LESSON 3 – SETTING THE SCENE



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**Learning Outcomes**

By the end of this session, you will understand :

- How to set the room up for a baby massage class
- How to use music effectively
- The importance of room temperature
- What equipment you will need



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**Room Size**

- How many mats do you need to fit in the room?
- What is a safe ratio?
- How much space do you need to have around you?
- How much space does the instructor need?
- A circle set up always works well for a group <10



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### ***Access***

- Will clients have prams?
  - Babies will be on the floor so we don't want dirty wheels on the same space
- Will they need baby change facilities?
  - We want to encourage using facilities as oppose to changing on the massage mat
- Will they need easy parking?



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### ***Baby Massage Room***

If you have ever had a massage you will know that the room is normally;

- Clean
- Warm in temperature – approx. 24°C
  - Baby will be stripped down to nappy so needs to be warm enough
- Lit dimly
  - Babies will be lying supine so facing up at the ceiling



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### ***Aroma***

- As a newborn, your baby has a highly sensitive sense of smell.
- Though they can't yet recognise you by sight, they will know you by your natural scent and that's what they will most want to smell.
- They will also be drawn to the scent of your breastmilk.
- These smells are connected to his basic need for comfort and food.
- Avoid strong smelling scents/diffusers to avoid over stimulation



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## Music

- Good baby massage songs have a combination of firm but gentle, stroking rhythms, with simple words.
- The words needn't be particularly related to the massage. A lovely massage song I use is **Lavender's Blue Dilly Dilly**.
- Sing it slowly and repeat the first verse as often as you like rather than struggling to remember all the verses (though they are all lovely).
- If prefer, can just use background music



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## Singing to your baby

- The act of singing to your child emotionally settles you, and there is this thing called synchronicity, where your baby and you end up in the same emotional space.
- Mother-infant singing is also associated with greater increases in positive affect and greater decreases in negative affect as well as greater decreases in both psychological and biological markers of anxiety.



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## Equipment

- Demonstration doll
- Exercise Mat / Towel
  - Will you provide for the group?
- Cushion
  - Will you provide for the group?
- Oil
  - Group Oil?
- Music



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