

**Baby Massage Instructor**

LESSON 5 – CONCERNS DURING A SESSION



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**Learning Outcomes**

By the end of this session, you will understand :

- What to do if baby cries during session
- What to do when baby is sleeping during session
- What engagement cues to look out for
- What disengagement cues to look out for



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**Crying Baby**

- Reading your baby's cues is the most important aspect of massage.
- Your baby will tell you when the massage needs to end and which strokes she's likes or dislikes.
- If your baby starts to cry during the massage, she is telling you that she has had enough.
  - Pick up your baby and comfort them, don't continue with the massage.



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### ***Sleeping***

- We recommend not to massage baby when they are in active or quiet sleep
- Active Sleep – Eyes closed that occasionally move under the lids. Sleep is restless and breathing is not always regular
- Quiet Sleep – Baby's face is relaxed with eyelids that are closed and still. Breathing is regular
- Don't wake the baby to massage them during a session



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### ***Engagement Cues***

- Wide, bright eyes – focusing on parent/carer
- Alert or animated face, with wide eyes
- Grasping or holding onto the parent/caregiver
- Hand to mouth activity
- Smiling
- Turning eyes/head towards people speaking
- Smooth motor movements



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### ***Disengagement Cues***

- Crying
- Hiccupping
- Jerky movements
- Agitated or thrashing movements
- Yawning
- Falling asleep
- Frowning/Grimacing



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**Key Notes**

- Only begin massage when baby is happy to cooperate (Engagement Cues)
- Best time is when baby is awake and calm
- Important to interact with baby throughout the session talking, singing, smiling and making eye contact
- Always be aware of baby's response to massage – recognise signs when they are not enjoying it



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