

Baby Massage Instructor
LESSON 6 – THE SESSION



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Learning Outcomes

By the end of this session, you will understand :

- How to give visual cues to your baby
- The importance of asking permission
- What strokes to use during the session
- How to use still touch
- How to start and end every massage session.



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Recommended Sequence

- Legs
- Tummy
- Chest, Arms & Hands
- Head & Face
- Back



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Visual Cue

- Give the baby a visual cue to let them know the massage is going to start
- This needs to be a physical action eg rubbing hands together with oil close to baby.
 - The baby should respond positively once they begin to recognise the cue that are looking forward to the massage



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Ask Permission

- Ask your baby if s/he would like a massage. Use the language that you usually use with your baby, and use a key word each time, such as "massage" to alert your baby to the plan.
- Then watch as your baby responds.
 - Does she look at you?
 - Does he reach out for your hands?
 - How does your baby's facial expressions, body posture, sounds change to indicate readiness or resistance? Is your baby saying "yes"? Or "no"?

5

Strokes

- Strokes should be long, slow and rhythmic
- Should use just enough pressure so that is comfortable yet stimulating
- Use fingertips for small areas
- Flat hand for large areas
- Never apply direct pressure to spine or joints
- Massage firmly up towards the heart and gently down
- Never massage over genitalia

6

Still Touch

- Still Touch is a great technique to use to introduce touch to a small baby or newborn.
- It is used in premature baby units.
- Touch over clothes will calm and soothe small babies and help them to regulate their body systems.
- It helps produce oxytocin which is beneficial for both the new parent and baby.
- Starting point after the visual massage cue / permission



7

Top to toe – I love you so (Video 1)

- This should be used to begin and end all massage sessions. Depending on which massage sequence is performed it can be done on the front or back.
- Front – Stroke from the top of the head, down babies sides to the feet.
- Back – Stroke from the top of the head (using flat hand) down baby's back ending at their feet.



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