



Baby Massage

Age recommendation: 2 years up

Massage is a lovely way to bond with, and care for your baby.

Baby massage can help calm and soothe babies so that they fall asleep easily, and there is evidence that it can help them develop mentally, physically, and emotionally. Many parents say it makes them grizzle and cry less. Oxytocin is the “feel good” hormone and this is released by the baby during the massage process, but don’t be surprised if it makes you feel good too!

Connecting with baby in this way can help fend off post natal depression, while creating a strong bond between mum and baby – and it’s a great thing for Dads to do too.



What you need

- Warm room
- Play mat, change table or play blanket
- Oil or moisturiser
- Saucer or sea shell

Teaching tip

- Don’t forget to use the time to sing or talk to your baby too. Look them in the eyes as this is as much a connection time as it is about physical touch.
- Make sure the creams or oils are easy on your baby’s skin – do a test by dabbing a little on your baby’s skin at night and check in the morning to make sure there is no reaction.

How to

Make sure the room is warm and with no draughts. Eliminate any distraction – take pets away, turn off your mobile phone, the TV and the radio. Put on some gentle music – nothing too jumpy or energetic. Put a small amount of the moisturiser into the shell or saucer. Older babies like to help squeeze out some moisturiser into the container, and then be part of the process by putting small dabs into your hands.

1. Start by warming the moisturiser in your hands first – rub it between your palms.
2. Gently stroke your baby’s legs and work your way up to their thighs, then down the calves to their toes, squeezing lightly as you go.
3. Use a light squeeze – keep it gentle but firm.
4. From the shoulders work down each arm, onto the hands, wrists, and then out along the fingers.
5. On the tummy and chest spread your hands outward with flat palms, as if smoothing a bed. Use your fingertips to create small circles and work outwards.
6. As long as your baby seems to be enjoying this, carry on, but watch for any signs that they have had enough, and take this as your cue to stop.