

BENEFITS OF INFANT MASSAGE



For infants:

- Facilitates weight gain
- Promotes sleep
- Reduces stress
- Reduces colic and constipation
- Decreases irritability

For parents:

- Promotes understanding of infant cues
- Enhances communication and emotional ties
- Increases confidence and handling skills

SJSU
HEALTHY
DEVELOPMENT
COMMUNITY
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CONTACT



lu.xu@sjsu.edu



1 Washington Sq, San Jose, CA
95192



INFANT MASSAGE

Age: Birth - 1 year



IDEAL AGE TO BEGIN INFANT MASSAGE

It's never too early to start massaging your baby! Your baby's first massage might even be on their birth day. With newborns, be extra gentle when using any oils on their sensitive skin.

IDEAL TIME OF DAY FOR INFANT MASSAGE

Over time with repeated practice, you will learn when your infant responds well to a massage. Consider the following times for an infant massage:

- ~45 minutes after eating
- Before bedtime at night
- After a diaper change
- When baby is calm, alert, and awake

Avoid massaging your infant too soon after a feeding because it may cause baby to spit up.



MATERIALS NEEDED

(any of the 3)

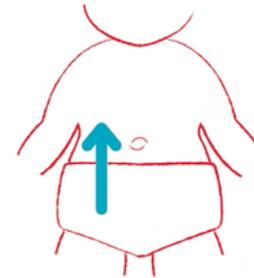
01. Baby massage oil
02. Coconut oil
03. Baby lotion

IDEAL LOCATION

Home or indoor space at room temperature

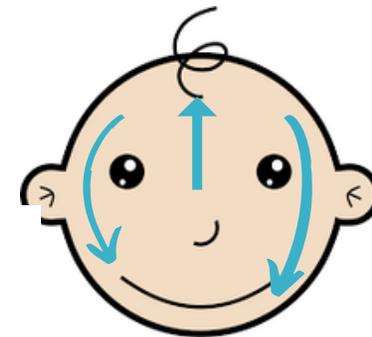
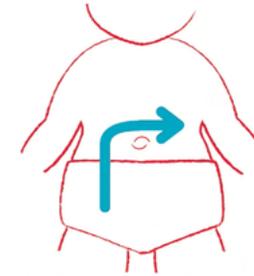
HOW DO I MASSAGE MY BABY?

“I”



“Love”

(upside-down “L”)



“You”

(upside-down “U”)

