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Massage is also useful for improving the relationship between mother and child especially when it has been strained by a difficult 'colicky', irritable baby and mum feels negative angry thoughts about the child. The interjection of a positive, touching caressing approach may be invaluable in altering the mother's negative reaction to a positive one. Massage is, in general, a means of reducing stress between parents and their child.

Through massage a warm and loving relationship is developed, and a positive flow of love between parents and baby is established. The love of the parents, directly expressed through touch, promotes relaxation and encourages the baby's growth and self-healing potential. Massage is beneficial to babies in their developing years and can remain valuable throughout their lives. When early bonding is well established and the mother / child relationship is warm and caring, it lays the foundation for similar warmth and caring with others in later life.

Likewise, holding a child close will provide a valuable energy exchange from mother to child. Breast feeding or bottle feeding with the child next to a bare breast as you give them the bottle can be helpful. Baby ruck-sacs which can be useful, allowing mum to get through her daily activities with baby feeling secure next to her body warmth and heartbeat and hearing her voice and smell. All are calming to a baby. However, in Britain we seem to have the idea that to give a child so much contact will spoil them whilst in fact it will serve to provide them with the best start in life based on security and confidence in their parents, unconditional love.

In India there is Ayurvedic massage for babies. Baby massage has a long tradition in India. Just after birth a cleansing massage is done with a soft wheat dough ball, to which a little almond oil and a dash of turmeric is added, just before rubbing the ball is dipped into the almond oil. This practice is continued for the first six days after birth, before the bath. It enhances circulation, helps with the expulsion of toxins and aids the digestive system of the baby.

Massage with the hands can start at one month old, when the baby's body is stronger and continues every day for 3 months. Most of the time is spent massaging the spine, back, neck, waist, hands and feet as these parts need to gain strength to support the body. As baby starts to lift the head on its own and supporting its body weight with the arms a more general body massage can be done for 18 months. The spinal massage is always done and is an important aspect of infant massage.

Massage and aromatherapy are extremely beneficial during labour, helping with the pain of contractions, being both soothing and relaxing. Lavender essential oil massaged on the lower back can help expel the afterbirth, it calms and balances. A few drops of Lavender in the bath after birth, if there are any stitches or soreness, help to ease any discomfort and helps to gently heal. It helps relieve pain and sometimes epidurals or pethidine are not needed. When baby is born touch is vital. Mothers naturally massage their babies, it is instinctive and nurturing.

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