BLOCKS AND CUPS

BABY MASSAGE ARMS AND HANDS

SWEDISH MILKING

1. Support the arms with one hand at the inside wrist. Use your other hand to stroke firmly from the wrist to the shoulder on the outside surface of the arm.
2. Stroke around the shoulder, without breaking contact. Stroke back toward the wrist, using your fingerpads and a lighter pressure.
3. Switch hands by supporting the arm at the outside wrist. Use the palm of other the hand to stroke firmly from the inside wrist to the shoulder girdle.
4. Stroke back toward the wrist using your fingerpads and lighter pressure. Repeat. Continue alternating hands.

ROLLING

1. Cup your hands around the child's upper arm.
2. Gently alternate your hands so as to produce a rolling motion, like rolling dough.
3. When your hands reach the wrist, pause a moment to allow Baby to accommodate to the input before repeating the stroke.
4. To ensure continued contact, maintain one hand at the wrist while moving the other hand to the upper arm.

SMALL CIRCLES IN THE PALM

1. Using your thumbs to make circles in the palm of the hand.
2. Move your thumbs to a new location in the palm and make circles.

SQUEEZE EACH FINGER

1. Gently grasp the base of the thumbs on the top and bottom surface between your thumb and index finger.
2. Slide your fingers from the base to the tip of the thumb. Use a gentle, rolling, squeezing motion.
3. Repeat with each finger in order.