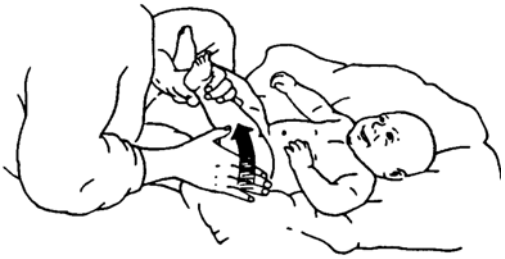
SQUEAK TOYS AND RATTLES

BABY MASSAGE LEGS

INDIAN MILKING



1. Support the leg at the inside ankle with one hand. Stroke the leg from the outer border of the thigh to the ankle with your other hand.
2. Alternate hands. Stroke from the inner thigh to the ankle.
3. Continue to alternate inside and outside strokes moving from the hip to the ankle.

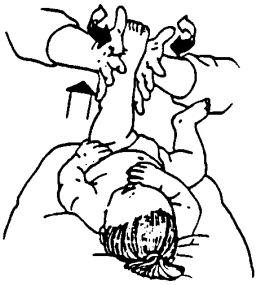
WRINGING

1. Wrap your hands around the leg at the thigh.
2. Gently wring the leg in both directions by twisting your hands together and then apart. Simultaneously, glide your hands toward the ankle.
3. When your hands reach the wrist, pause a moment to allow Baby to accommodate the input before repeating the stroke.
4. As your hands come to the ankle, first bring one hand back to the hip, and then follow with the other. This assures consistent tactile contact.

SWEDISH MILKING

1. Support the leg with one hand at inside ankle. Use the other hand to stroke firmly from the ankle to the hip on the outside surface of the leg.
2. Stroke around the hip without breaking contact. Stroke back toward the ankle using your finger pads and a lighter pressure.
3. Switch hands by supporting leg at outside ankle. Use your hands to stroke firmly from the inner ankle to the inner thigh.
4. Stroke back toward the ankle, using your finger pads and a lighter pressure.

ROLLING



1. Place the flat part of your palms on the inner and outer surfaces of the upper thigh.
2. Gently alternate your hands to produce a rolling motion, like rolling dough. Simultaneously glide your hands toward the foot while rolling.
3. Maintain one hand at the ankle and reposition the other hand to the hip ensuring continual contact.