BUSY TOYS

BABY MASSAGE STOMACH AND BACK

PADDLEWHEEL

1. Place one hand in the center of Baby's abdomen, below the rib cage.
2. Glide hand down toward the groin area.
3. Repeat with the other hand, making a paddling motion.
4. Continue alternating hands. Make sure that one hand is always in contact with the stomach.

THUMBS TO SIDE

1. Place a thumb on each side of the navel.
2. Move thumbs outward at the navel.
3. Repeat, beginning from a slightly lower position each time, until you have reached the groin area.

BACK AND FORTH

1. Place your relaxed hands on the buttocks.
2. Alternate your hands back and forth, gliding over the entire back surface from the buttocks to the neck.
3. Move one hand back down to the buttocks, while the other maintains contact at the neck.
4. Return the other hand to the buttocks and repeat.

SMALL CIRCLES ALL OVER THE BACK

1. Place fingerpads together on one side of the base of the spine.
2. Moving hands in unison, make clockwise circles that move up to the top of the spine.
3. Cross over to the other size, avoiding pressure on the spine. Continue the circular motion down to the bottom of the spine.
4. Cross again to the other side and repeat.