

Chest, Shoulders, Arms and Hands

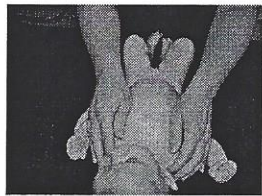
- Relax!!!!
- Ask Permission
- Imagine relaxing the muscles
- Imagine allowing free, unrestricted breathing
- Imagine filling her heart with loving calmness

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Rest hands on either side of chest
Sides of thumbs and heels of hand to
massage downward and outward from
center

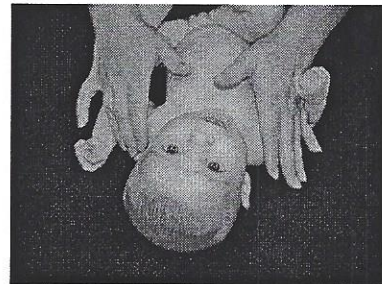


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Massage upward over shoulders and
down her arms

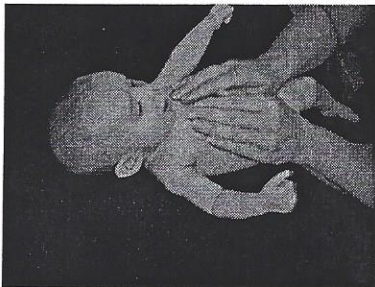


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Cup hands and tap lightly across the
tops and sides of her chest

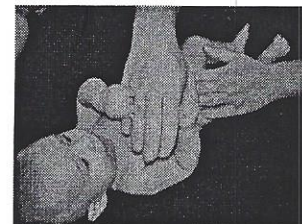


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X Rub – pressure on the up, light on
the return, hands always moving,
always touching



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- Finish with a gentle sweep down baby's body
- Shoulders to toes
- A kiss on the forehead and positive affirmations are ALWAYS right

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Shoulders

Starting at upper chest,
Slide hands outward and upward
over shoulders, down arms
Gently stretching her arms
downward

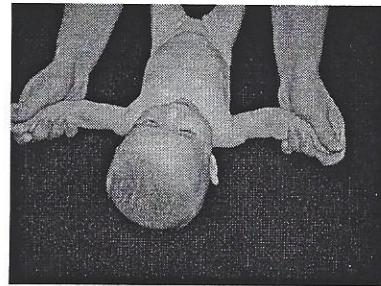
Maintaining contact,
Glide hands back up arms

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Repeat, gently stretching her arms
outward

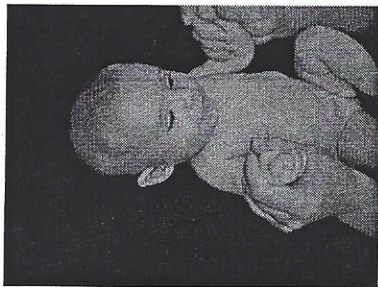


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One more time, this time gently
stretching her arms upward



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Arms

Wait until baby is comfortable with
these moves, never force!

One more time, this time gently stretching arms above her head

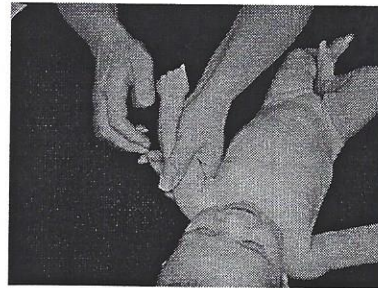
SO BIG!!!!

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North South Milking

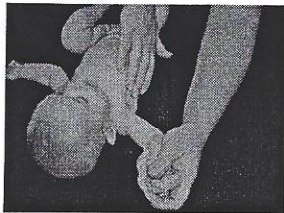


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With one hand, hold wrist
With fingertips, stroke down arm from
her wrist to her chest, with gentle with
gentle, small circles at the armpit



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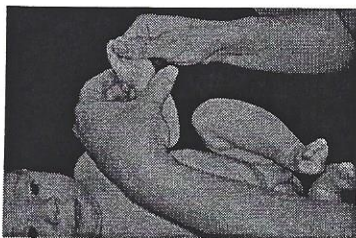
Baseball bat – gently squeeze and
twist arms – shoulder to wrist and
back again

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Hand work –
Open her hands with your thumbs,
then rub hands between your palms



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- This little piggy – roll each finger, then pull gently, one by one
- Rub her whole hand, palms and back, between your thumbs and forefingers
- Make small circles all around her wrist
- Again, rub her whole hand between your palms

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- South North Milking – hold the wrist while gently 'squeezing' arm, wrist to armpit
- Roll arm, like rolling dough
- Sweep down the arm, from shoulder to hand
- Repeat with other arm

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Pull it all together with a gentle sweep down her whole body, from shoulders to toes including her arms

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Gentle touch relaxation

- If baby is holding tension in any area:
 - Mold the area with your hands
 - Roll, jiggle, bounce while saying "Relax"
 - Positive feedback once baby relaxes the area

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