

Chest, Shoulders, Arms and Hands

Chest

Imagine yourself relaxing the muscles of your baby's chest, allowing her breath to be freed, and filling her heart with sweet, loving calmness.

1. Gently rest your hands on either side of her chest.
2. Use the sides of your thumbs and the heels of your soft hands to gently massage downward and outward from the center of your baby's chest, return to the center, without removing your hands from baby's body. (repeat 4-5 times)
3. Place your hands on the center of your baby's chest, and massage upward and outward over her shoulders and return to the center again. (repeat 4-5 times)
4. Cup your hands and tap them lightly across the top and around the sides of baby's chest (about 20 seconds).
5. X rub – start with both hands on baby's side. The right hand moves in a diagonal motion towards baby's left shoulder, going over the shoulder and briefly cupping the shoulder at the end of the stroke. Very lightly return the right hand to the baby's side and then repeat the motion with the left hand. The stroke from side to shoulder should have the most pressure; the return is a light touch, just to return to the starting place. (repeat 4-5 times)
 - Bring it all together – gently sweep your hands down the baby's body from shoulders, over her chest, her belly, down her legs and over her feet. (repeat 4-5 times) Give positive affirmations – "you are learning to relax so well"; "how happy you feel"; "you love your massage time"; "you are so relaxed"; "you feel so much better".

Shoulders, Arms and Hands

A newborn baby keeps her arms folded and tucked into her chest. Startle reflex – at the sound of a sudden or loud noise, she will throw open her arms, then hold them close to her in an embracing posture. This reflex will disappear in 2-3 months. Follow the normal progression of development when massaging:

- Baby opens her arms downward, then outward, then upward.
 - The outward movement relaxes the shoulders and chest and strengthens the upper back from side to side.
 - The upward movement opens the chest and strengthens the upper back from top to bottom
1. Start with both hands on the top of baby's chest, then move your hands upward and outward over her shoulders and then down her arms, gently pulling her arms downward, lined up with her body, through the center of

your palms. Don't release contact; glide your hands back to the top of her chest. (repeat 4-5 times)

2. Working from the top of her chest, move your hands outward over her shoulders and gently, smoothly pull her arms outward in line with her shoulders. Glide your hands back to the top of her shoulders. (repeat 4-5 times)
3. The following strokes should only be done when the baby is comfortable with the movement. If baby resists, do them as best as you can, in whatever position the baby offers you.
 - Place your hands around the sides of baby's chest, under her armpits, and gently pull baby's arms upward, through your palms, until her arms are above her head. Glide your hands back down her arms to her chest. (repeat 4-5 times)
 - Holding one of baby's hands, gently lift her arm above her head, and stroke down her arm from her wrist and through her armpit, so that you are massaging her lymph nodes. (repeat 4-5 times)
 - North/South Milking – the same as you did on her legs – pulling one hand over the other, from armpit to hand. (repeat 4-5 times)
 - Twist n squeeze – the same as you did on her legs – hold her arm like a baseball bat, and squeeze and twist her arms by moving your hands in opposite directions, from shoulder to wrist and then back again (repeat 4-5 times)
 - Open the baby's hand, with your thumbs and rub her hand between your palms. (about 20 seconds)
 - Gently roll each finger between your index finger and thumb, then pull each finger, one by one, through your thumb and index finger. (about 20 seconds).
 - Rub her whole hand, back and palm, with your thumbs and index fingers. (about 20 seconds)
 - Massage all around the wrist with small circles. (about 20 seconds)
 - Again, gently rub the whole hand between your palms. (about 20 seconds)
 - South/North Milking – hand over hand, from the wrist to the armpit, the reverse of what you already did. (repeat 4-5 times)
 - Rolling – a repeat of what you did on the leg, using open, flat hands to roll her leg between them, from shoulder to wrist. (repeat 4-5 times)
 - Pull it all together with a gentle sweeping down the entire arm, from shoulder to hand.
 - Use gentle touch relaxation if she is holding any tension in the arm or hand.
 - Mold the area with your hands
 - Roll, jiggle, bounce the arm, while saying "relax"
 - Provide positive feedback as baby relaxes her arm
 - Repeat on other arm, from the armpit massage.

- Pull it all together with a gentle sweeping down the baby's entire body, both sides, from shoulders to toes. (repeat 4-5 times)

Special Needs – Chest

Colds, coughs, congestion

You can add 2-3 drops of eucalyptus oil or lavender oil to your massage oil for baby's regular massage, to help to clear the sinuses.

Nasal Congestion:

1. Sit comfortable so that your back is supported and your knees are raised.
2. Put your baby in your lap so that she is facing you, laying on your thighs.
3. Gently press your index fingers into each side of baby's nose, open the nostrils by pressing gently downward and outward under the cheekbones. Try this on yourself first. (hold for 3-4 seconds, and repeat 4-5 times)
4. Gently press your index fingers upward into the space right under her eyebrows at the top of the bridge of her nose. Again, try this on yourself first. (hold for 3-4 seconds)
5. Gently tap on baby's cheekbones and above her eyebrows with your fingertips, as if you are playing the piano. (about 20 seconds)

Chest:

1. Kneel on a cushion with your baby sitting on your lap facing you. Open baby's legs around your waist and let her lay back over your thighs.
2. Using the relaxed weight of your cupped hands, pat all around the center and sides of baby's chest. Keep your arms straight and make all the movement from your wrist. (about 30 seconds)
3. Now turn the baby over, so that she is lying on her belly on your legs and repeat the patting on her back and sides with your softly cupped hands.
 - If she is heavily congested, she may vomit slightly or cough, as the bronchial tubes compress and expel the mucous after this percussion.

Sleeplessness:

There are many reasons why babies resist sleep but if all physical needs are met, she may just need to be close to you. A gentle massage can help to induce the tranquility she needs to get to sleep.

1. Get yourself in a comfortable position in close proximity to your baby.
2. Relax yourself. This is about the baby, not you. She isn't trying to manipulate you or punish you. She is just resisting sleep.
 - Practice your own sleep breathing – inhale slowly for a count of 4, pause and exhale for 8. Tell yourself "Relax" "Relaxation is a gift I give myself and my baby."

3. With baby lying on her back, gently stroke the top of her head, using your relaxed hand.
4. Cup her head in your hand, and just hold the space and your intentions. Visualize giving your peaceful relaxation to your child.
5. Stroke down the length of her body, with your full hand, softly, as you would pet a puppy or a kitten.
6. Run a soft finger down her forehead, from her hairline, to the tip of her nose.