

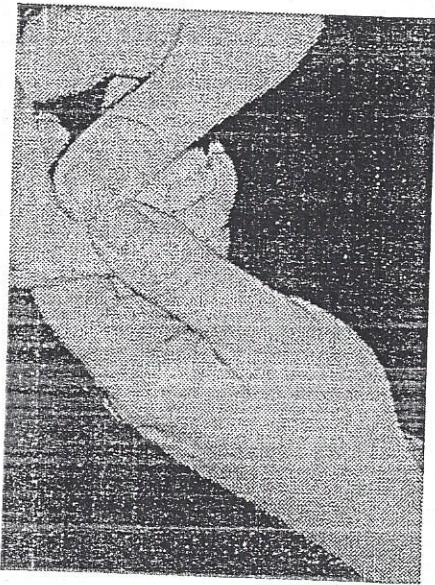
Feet, Legs, and Hips

Legs, feet, hips

- Feet – All Over
- This little piggy
- Bottom of the foot
- Ankle Circles
- Pull Foot
- Flex ankle
- Bicycle
- North->South Milking
- Baseball Bat
- South->North Milking
- Rolling
- Clap Feet
- Bum Rub
- Bicycle & Clap Feet
- Feet into belly
- Shake and Straighten
- Stroke legs
- Bum rub
- Sweep legs gently

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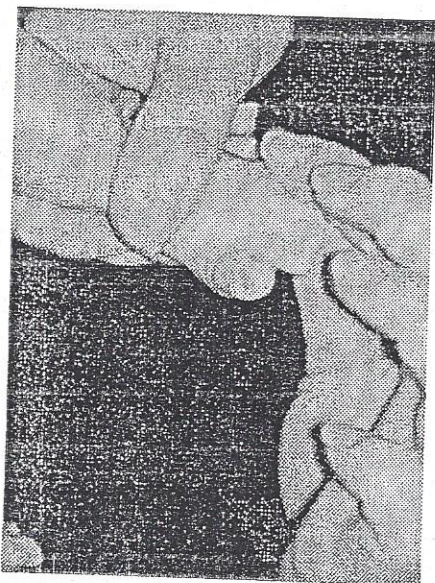
Rub the tops and soles of baby's feet
with your thumbs



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3

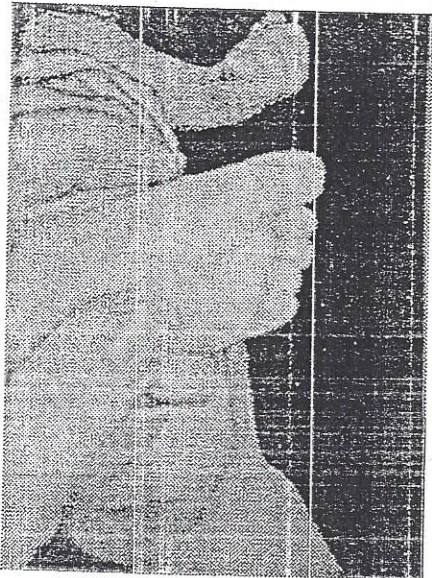
Roll each toe, gently separate toes



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4

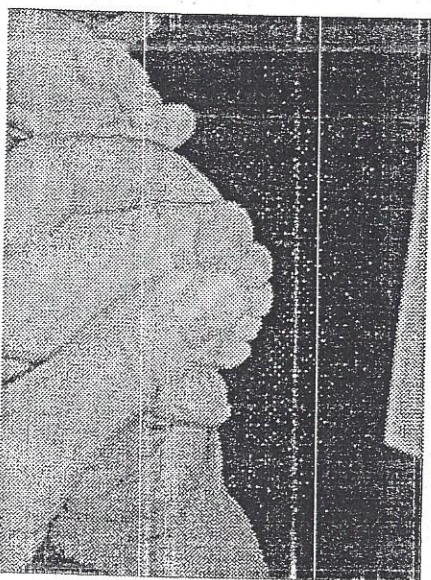
Press the bottoms of the feet



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5

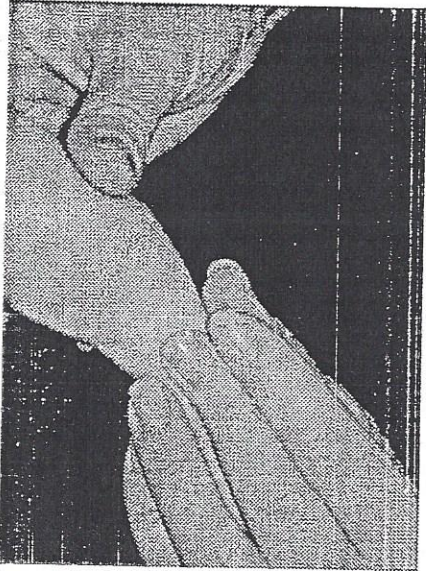
Press the bottoms of the toes



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6

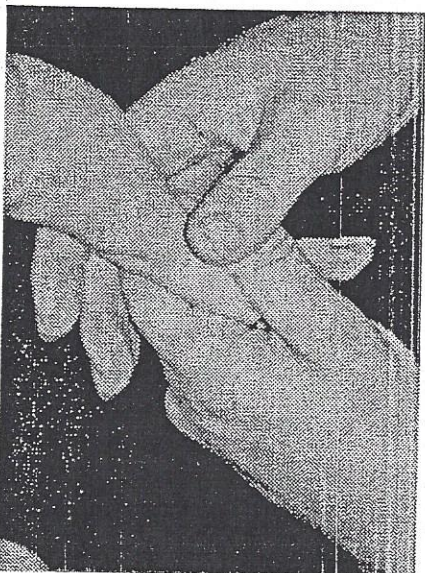
Ankle Circles



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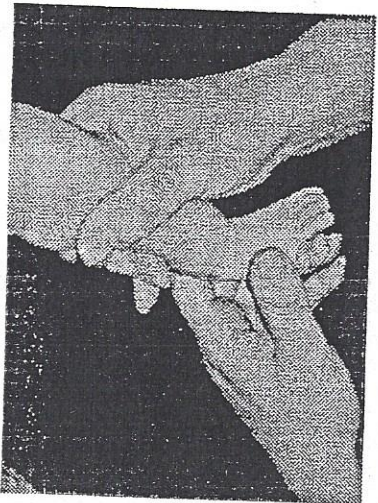
Pull the whole foot, hand over hand



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Flex the ankle and extend the heel by
turning the foot outward, while
stroking the calf



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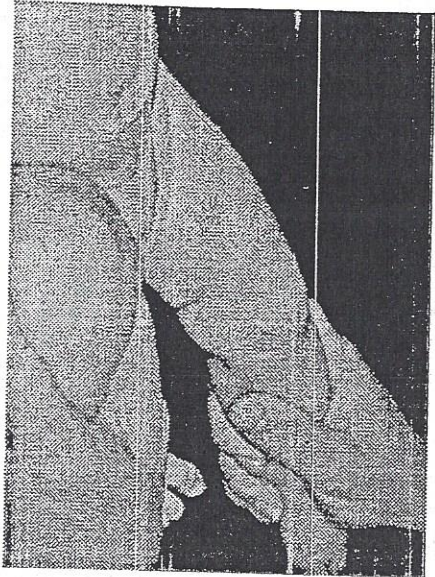
9

Repeat with the other foot

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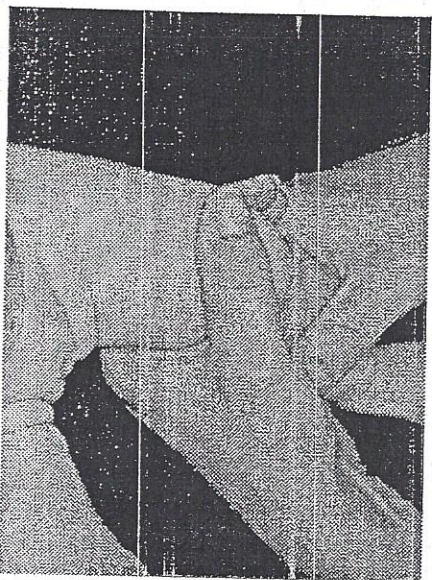
Hold both legs at the ankles, loosen by
gently bicycling them



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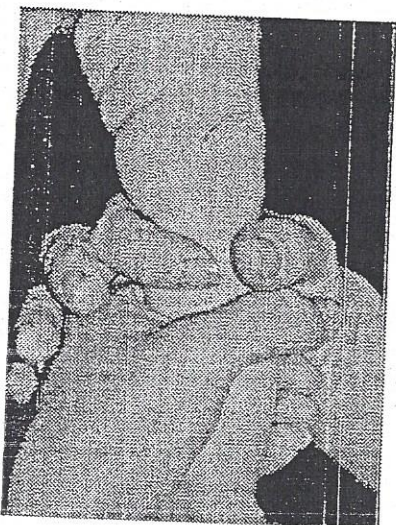
North South Milking – pull the leg all
the way from the thighs to the feet



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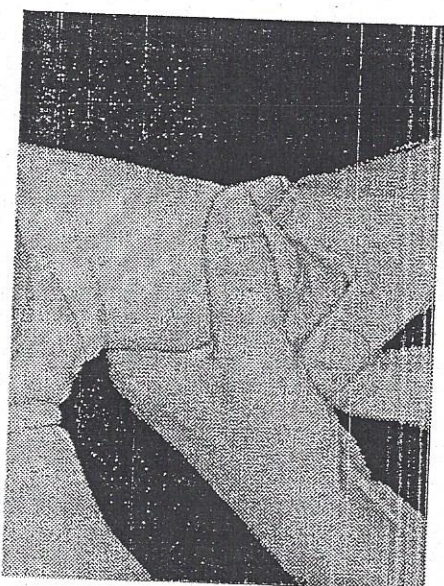
Twisting – move hands from side to side, holding like a baseball bat, from thigh to foot



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South to North Milking – pull the leg from the foot to the thigh



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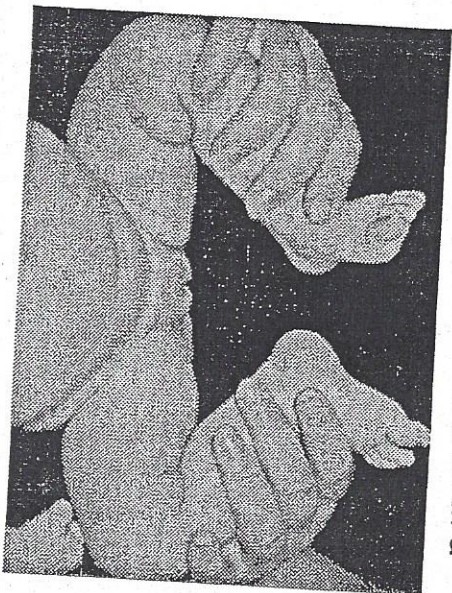
Rolling – roll the leg from knee to ankle



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Clap the soles of the Feet together, with knees bent outward



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Using your left hand, hold baby's right foot to her tummy, rub her right buttock.

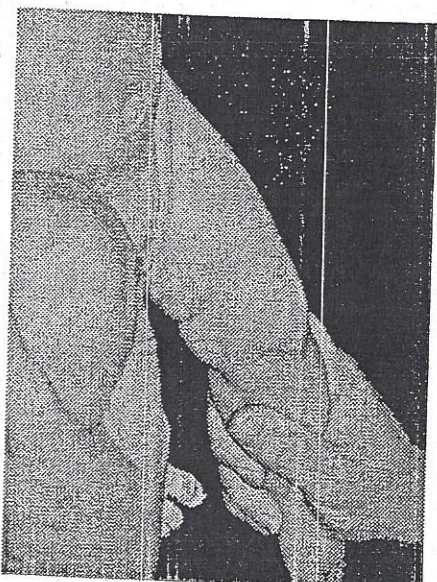
Gently and slowly shake her leg straight.

Repeat routine on other leg

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Hold both legs at the ankles, loosen by gently bicycling them



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- Push both feet into baby's belly
- Gently shake both legs, straightening and bending them
- Stroke down the front of baby's legs
- Cup both buttocks and massage gently
- Sweep down the legs with both hands