

## **Belly Massage for Colic, Gas, Constipation and Reflux**

Skip the regular massage and do this routine twice a day for at least two weeks. By skipping the regular massage, baby doesn't associate the pain of colic with massage. Continue until baby shows relief, usually through passing gas. Relief may happen in the first session or it may take several days. After the first series of massages that brings relief, it may only take a single session to provide relief for subsequent episodes.

1. Gently rest both hands on baby's tummy. Take a moment to breath, calm and center yourself. Do this especially if baby is fussy and anxious, and it will help to calm you both.
2. Paddling – do this stroke six times, with one hand following the other.
3. Knees to belly – hold baby's legs together, and gently but firmly press the knees into the belly. Hold this position for about 30 seconds.
4. Gently release the pressure then lightly stroke the legs, and hold them gently to encourage relaxation.
5. Sun and Moon – do this six times. (See below)
6. Knees into belly again – hold this position for about 30 seconds.
7. Gently release the pressure, lightly stroke legs.
8. Repeat entire routine 3 times.

## **Football Hold**

This is an especially useful hold for dads as they have larger hands and are better able to 'one hand' the baby. Since the baby is facing away from the breast, there is no automatic desire to feed which might add to baby's feelings of discomfort. The baby feels fully supported and comforted. Baby experiences a feeling of relief, locally in the belly and will permeate her entire body. Once baby is calmed, she can look out on the world from a new perspective.

1. Hold your baby with her back facing you.
2. Bring your left arm across your baby's chest, dropping her left arm under yours.
3. Gently cradle her head in the crook of your elbow.
4. Hold her right thigh with your left hand.
5. Use your right hand to gently but firmly massage her back with long strokes from buttocks to shoulder, while the baby's body weight and gravity put pressure on her tummy.

## **Tiger in the Tree Position**

Almost the same as the football hold, but with more directed work on the colon.

1. Hold baby with her back facing you.

2. Bring your left arm across her body, dropping her left arm below yours, cradling her head in the crook of your elbow.
3. Bring your right hand between her knees and place your palm flat over her tummy, supporting her equally in both of your arms.
4. Tuck her foot into the crook of your arm, and turn her over onto your open right had.
5. Gently knead both sides of her tummy with the thumb and fingers of your right hand. Your thumb will be on the ascending colon, between the hip and the lower ribs, and your finger will be on the descending colon, between the hip and the lower ribs.
6. Keep massaging for a few minutes.
7. If baby continues to have discomfort, walk around with her in this position patting her chest, or change to the football position and massage her back as you remind her to relax.

### **Sun and Moon**

1. Sun and Moon – sounds complicated but your are stroking clockwise, the direction of digestion. Right hand makes the crescent moon from your left to your right. Your left hand is making a full circle (the sun), still moving clockwise. While the right hand is above, the left hand is below. ALWAYS MOVE IN A CLOCKWISE DIRECTION, to avoid backing up digestion.



**Sun and Moon-**

**Full circle sun, crescent moon Clockwise strokes**

**top hand makes a crescent Bottom hand makes a full circle**