

Tips for Kid Massage

Before, During & After

- Find a relaxed time for you both
- Always ask permission first and respect their decision
- Maintain eye contact and smile
- Ask how they felt during and after the massage
- Ask them their favorite part

Benefits

- Decreases anxiety and stress hormones
- Increased body awareness
- Promotes restful sleep
- Improve immune & digestive function
- Reduces hypersensitivity to tactile input
- Increased healthy sense of boundaries
- Increased bonding

Simple Massage Techniques

- Nurturing Touch - rest palms on tummy
- Sun - place L hand on tummy, make large clockwise circle
- Moon - R hand traces a half circle on tummy from 12 to 6 o'clock
- Rainbow - Starting from child's R to L, draw a big rainbow with soft fingertips
- Stars - Using finger pads, gently march across child's tummy R to L in rainbow shape

Helpful Hints

- Use child friendly & age appropriate stories, songs, rhymes or movement games
- Allow child to make choices in their session. For example if you "Make a Pizza" on their back, allow them to choose the "toppings"

Simple Massage Rhyme

(start with Nurturing Touch)

The sun is out all day
(gentle, slow Sun stroke)

The moon comes out at night
(2-3 Moon strokes)

Rainbows make me happy
(gentle, slow Rainbow stroke)

& the stars are sparkly bright
(1-2 Star strokes)
(end with Nurturing Touch)