

HANNAH TAPPENDEN

# Baby Massage



This short guide has been created to support you to get started with baby massage and baby reflexology.

These tools and techniques are all about supporting you to feel connected to your baby *and* to yourself.

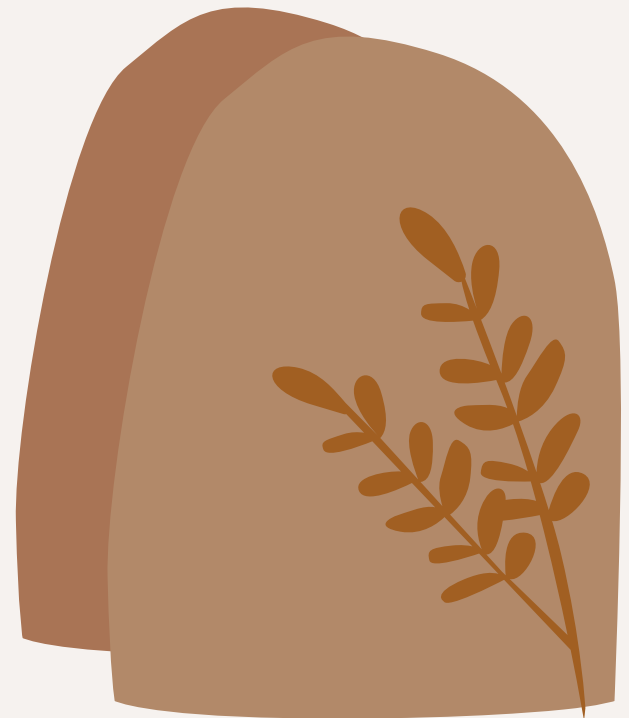
The early weeks and months of motherhood can feel very different to how you might have expected. For most of us *this time feels relentless*. Please know you aren't alone if you are feeling that way.

The intention with this guide is that it gives you both a few moments of connection and calm in your day. Take whatever works and leave the rest

Benefits for  
you and your  
baby.

Simple in terms of technique but powerful in what it conveys.

Sharing attention, love and understanding.



# Benefits (cont.)



Growing non-verbal communication.



Stronger understanding of your baby's likes and dislikes, which in turn can increase your self esteem and self confidence as a new parent.



The attention and care it conveys to your baby will provide them with increased security, making them feel loved and valued.



Physically, it will support circulation, tone the muscles and support flexibility.

# Before we begin...

How are you today? I see lots of mothers in my work. This phase of life can be tough.

We (and wider society) place a world of expectations on our shoulders about what mothering *should* look like and the weight of that can be a lot to carry at times. Feelings of indifference, anger and frustration are common but can feel overwhelming. There can be a huge gap between our expectations and reality.

So if you can, remember that you aren't alone. *That you are the newborn essential.* So, the better you are doing the better your baby is doing. If there is any way you can show yourself a little more kindness and compassion, please do it. You deserve it.







# Let's begin...

To start I'd love for you to take a gentle breath (or three), shrug your shoulders and shake your arms.

Give yourself the opportunity to release some tension you may be carrying.

Baby massage is a new experience for both you and your baby and it will work best to introduce it *slowly*.

I would start with the feet, this is a simple, unobtrusive place to start your practice. It is easy to begin and gives you the wonderful opportunity to combine baby massage with some basic reflexology techniques.

1.

## Heart to Heart Hold

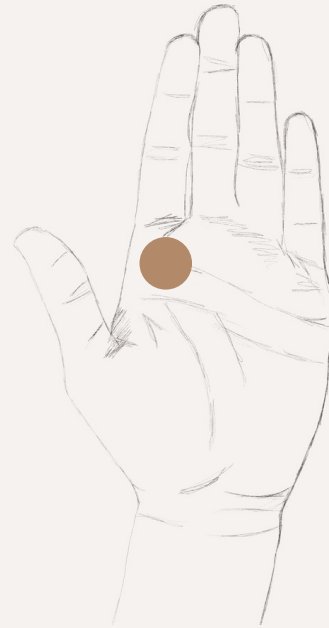
This is a beautiful way to begin your practice. Reflexology works on the idea that there are specific points on the hands and feet that relate to other areas of the body.

Your heart reflex is located underneath the joint of your index finger on your hand.

On the foot, it is on the pad, underneath the big toe.

Holding the foot with your palm lined up against the sole of your baby's foot will connect these two points. This connection is a loving way to communicate your intention of bonding with your baby.

Hold for three breaths.





2.

## Spine Reflex

Stroking down the inside of your baby's foot from the top of the big toe down to the heel will stimulate the spine reflex.

This is a calming and soothing technique that is used to bring comfort.

3.

### Solar Plexus Point / Kidney 1

This point is a powerful point. It is very significant for both reflexologists and acupuncturists.

Reflexologists believe that this point is powerful in terms of understanding emotional state. It is used in baby massage and baby reflexology to comfort and soothe. It can be very helpful when your baby is extremely unsettled.

For acupuncture, this is the only point that is found on the sole of the foot. It is a grounding point that helps to calm the spirit.

You will find the point just underneath the ball of the foot, in line with the third toe.





Hi, I'm Hannah

I've developed my baby massage courses over the past few years, researching extensively, training in different techniques, working with lots of new mothers and practicing at home with my own two small children.

Baby massage and baby reflexology has so many wonderful benefits to offer. It gives you skills and techniques that you will use for your whole family for years to come.

My focus is on sharing tools that will support you and your baby to feel calm and connected.



# past experiences...



*Natalie*

"I have found it reassuring to share issues each week and receive lovely advice from caring people.

I have learnt skills that I can take home and do forever with my family."



*Hannah*

"The reflexology techniques have been the most useful to use throughout the day and are easy to do while feeding. It has given me confidence and put me at ease."



*Nicola*

"The digestion points have been so helpful. It has been really good to have something so practical and useful that you can do when you are feeling helpless in the night and aren't sure what to do next."

stay in touch...

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