

Some Relaxation Techniques

It is important before massaging your baby that you feel **relaxed** and have put the worries of the day behind you for the time being. If you are not relaxed your baby will intuitively feel it during the massage and will not benefit as much as he/she could do. Possibly they may refuse massage altogether because of the tension they may sense within you. (These relaxation techniques may be used at any time of the day for your own benefit regardless of whether you are about to massage your baby or not.)

A Short Relaxation Technique.

- ✎ Sit in a comfortable position (If before massaging your baby, hold your baby or place your hands on them with them lying in front of you)
- ✎ Close your eyes
- ✎ Inhale deeply and slowly through your nose, filling the whole of your lungs
- ✎ Exhale slowly through your mouth

Repeat three times.

- ✎ Imagine a bright golden light shining above your head
- ✎ As you breathe in, imagine the bright light being drawn into your body through your head all the way down to the end of your fingers and toes
- ✎ Imagine this glorious light filling your body with calm and peace
- ✎ As you exhale, say the word '**CALM**' to yourself

Repeat three times.

- ✎ Now focus on your baby (Or yourself if you are using this technique at other times than prior to a massage).
- ✎ In your own time, slowly open your eyes.
- ✎ If you feel relaxed, you are ready to start massage. If not, repeat the above. If you generally have problems relaxing, try the deeper relaxation technique below.

Deep Relaxation Technique.

If you are finding it difficult to relax, this technique would be very useful to you. It would however be ideal to try this when you are by yourself, for example when your baby is asleep as opposed to just before giving your baby a massage.

- ✎ Lie in a comfortable position.
- ✎ Inhale deeply and slowly.
- ✎ Exhale slowly through your mouth.

Repeat three times.

SLOWLY

- ✎ Tense your toes, relax your toes.
- ✎ Tense your ankles, relax your ankles.
- ✎ Tense your calves, relax your calves.
- ✎ Tense your knees, relax your knees.
- ✎ Tense your thighs, relax your thighs.
- ✎ Tense your buttocks, relax your buttocks.

- ✎ Tense your abdomen, relax your abdomen.
- ✎ Tense your chest, relax your chest.
- ✎ Tense your back, relax your back.
- ✎ Tense your arms and hands, relax your arms and hands.
- ✎ Tense your shoulders, relax your shoulders.
- ✎ Tense your neck, relax your neck.
- ✎ Tense your face, relax your face.

- ✎ Tense your head, relax your head.
- ✎ Imagine a beautiful place somewhere in nature, your special place.
- ✎ Imagine the sun high above you in a beautiful blue sky.
- ✎ Lie in this beautiful place for as long as you wish.
- ✎ When you are ready, slowly come to the present, think about your surroundings.
- ✎ When you are ready, slowly open your eyes.
- ✎ Stretch your body.
- ✎ When you are ready, sit up.

If you wish, it may help to include the '*tense and relax*' technique for the arms and hands, and shoulders and neck in the shorter relaxation sequence.