

## ***Where is the best place to massage your baby?***

- Choose a room that will be warm enough to undress your baby in
- Ensure that you are dressed in comfortable clothes so that you are not too hot. Remove any jewellery that may scratch or dangle in your baby's face. If you have long hair you may feel more comfortable if you tie it back during the massage
- Be aware of the environment. Are the lights too bright? Is it noisy? Are there any strong smells? It is important that your baby is comfortable and not over-stimulated so that he can relax
- Place a change mat on the floor covered with a towel. This will provide a safe and suitable massage area for your baby to lie on. Have another towel handy for during and after the massage in case your baby becomes cold or wets the original towel
- Have close to hand a spare nappy, baby wipes or tissues and of course your massage oil. Always ensure that your massage oil has been warmed to room temperature and has been decanted into a small plastic bottle or saucer for ease of use and safety
- Be aware of your sitting position so that you are comfortable when massaging your baby. Sit on a cushion and, if you can, place yourself so that you can rest your back against a wall
- When your baby is old enough to hold a toy he may enjoy playing with a small teddy or rattle whilst being massaged