

Baby massages

Baby massage is a **combination of traditional Indian massage and Swedish reflexology** . It affects both the overall muscular system and the circulatory and lymphatic system. **Massages have a preventive and curative effect** , at the same time influencing the balance of vital energy.

What do baby massages help

Baby massages are **age-restricted** (0-2 years).

They have many functions:

- they support the overall development of the child,
- reduce stress between parent and child,
- activate his own healing abilities,
- they help create a strong relationship between parent and child,
- many other.



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The benefit of massage for a child

Baby massages **bring pleasure, joy, peaceful sleep to a child**, or **release tension, stress and calm hyperactivity** . Massages develop motor skills, improve digestion, breathing and blood circulation. **They also increase the defensiveness of the immune system** and can eliminate postpartum trauma. They reduce stress hormone levels and at the same time teach relaxation and concentration.

How to massage

It must be noted that before the parent starts the massage, it is recommended to be trained by an expert through a massage course, so that the child is not harmed and the massage is beneficial and effective in that case. The ideal time for a massage is in the evening, when children are more relaxed and fall asleep well afterwards. Relaxing music or the quiet and calm voice of the parent will also make the massage more pleasant. **The room** where the massage takes place **must be warm** so that the child does not catch a cold. The massage usually lasts **15 minutes** , but it can be **longer**. The whole body of the baby is massaged from head to toe and at the same time from the center of the body outwards. The massage is carried out in the form of light touches, carried out first with the bellies of the fingers, later with the whole fingers and palms, gradually intensifying the touch according to the intensity that suits the child. It often takes time for the parent and child to find the right massage rhythm. The massage **can already be started in the maternity hospital**.

Links

Related Articles

- Classification of newborns
- Birth
- Newborn

Resources

- BABY MASÁŽE,. *Baby masáže* [online]. Knajfl, Iva, ©2012. The last revision 2012, [cit. 2020-08-20]. <<http://baby-masaze.cz>>.
- CHYTRÁ ŽENA,. *Baby masáž* [online]. TOP media, ©2010. The last revision 2010, [cit. 2020-08-20]. <<http://www.chytrazena.cz/baby-masaz-11282.html>>.