

Massage can start when baby is 5 days old. With Coconut oil - which is a cooling oil. Best to use this oil until at least 5 months old.

All massage is clockwise

Little circles inside palm, fingers pinky to thumb, thumb to pinky, belly, straighten out legs

Down to up massage - on the back

On belly - up to down to help gas/colic

Then bathe baby

Massage head in opposite direction of hair growth

Then swaddle baby - then sleep 2-3 hours.

HOW TO SWADDLE a BABY



