

Infant Tummy Massage

A gentle guide for caregivers — helping your baby feel calm and comfortable

✓ BABY IS READY WHEN...

- Calm and awake — eyes open, relaxed body, alert but content
- At least 30 min after feeding — tummy has had time to settle
- Showing gas or constipation signs — squirming, drawing legs up, hard or bloated belly
- Protruding belly — gentle massage can help move trapped gas

✗ WAIT IF BABY IS...

- Asleep — let them rest; massage is a wakeful activity
- Hungry or just fed — rooting, sucking hands, crying from hunger, or fed within 30 min
- Fussy or crying — comfort first; offer massage once settled
- Sick or has a skin concern — avoid with fever, rash, or healing umbilical cord

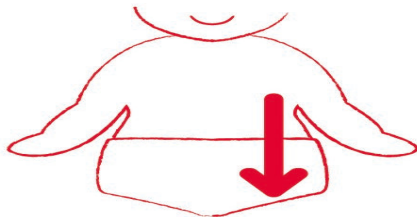
► BEFORE YOU BEGIN

Warm your hands and use a small amount of fragrance-free baby lotion. Lay baby on their back on a soft, warm surface.

THE "I LOVE YOU" MESSAGE

Always use gentle, firm pressure — not too light (feels ticklish) and not too heavy. Move slowly and smoothly. Repeat each stroke 3–4 times.

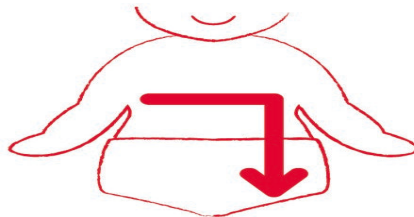
"I"



Stroke straight down the left side of baby's tummy

"Love"

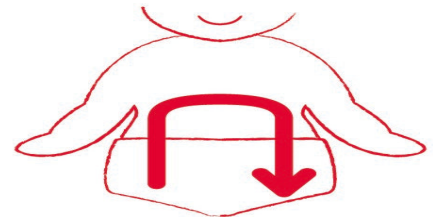
(upside-down "L")



Upside-down "L" — across then down the left side

"You"

(upside-down "U")



Upside-down "U" — up right side, across, down left side

- I Using two fingers, stroke straight down the left side of baby's tummy (baby's left, your right). Say "I" aloud as you stroke.
- L Make an upside-down "L" — stroke across the belly from right to left just below the navel, then turn and stroke down the left side. Say "Love."
- U Make an upside-down "U" — stroke up the right side, across the top of the belly, then down the left side. Say "You."

OTHER HELPFUL TECHNIQUES

- 1 **Paddling:** Stroke downward with a flat hand. Before lifting, begin again with the other hand — a continuous, alternating motion across the belly.
- 2 **Sun-moon circles:** Using flat fingers, make full clockwise circles on the belly, following the direction of the large intestine. Start near the navel and expand outward.
- 3 **Knee pumps:** Gently bend baby's knees toward the belly, hold a few seconds, then release. Helps move trapped gas.

Remember: Follow your baby's lead at all times. If they turn away, arch their back, or begin to cry — stop and comfort them. Even 2–3 minutes of massage can be beneficial. Speak softly or sing throughout to make it a warm, connecting experience.