



In this presentation, we take you through the different stages of oil therapy for .
Preparation and its application.



Preparing The Oil

The oils have to be poured into a vessel. It can be warmed slightly by placing in hot water. The oil should be rubbed in between the palms and temperature adjusted before touching the baby



Preparing The Baby

Place the baby on a mat . Ensure that the room is sufficiently warm , so that the baby does not feel cold. Cover the ears of the baby with cotton wools, so that neither oil, water nor soap enters the ears of the baby.

Duration

- The massage of the baby should be done for 8 minutes, The baby yoga for 2 minutes and the baby bath for 5 minutes. Totally the duration of the whole therapy should be for 15 minutes

Touch Therapy for Baby

STEP 1: LYING ON BACK

Make the baby to lie down on its back on the bathing mat apply a little of the oil on the umbilicus (after cord falls off) and a little on the bregma. Make sure that the baby is comfortable at each stage of massage. Handle the baby very carefully. There are chances that the baby can slip after application of oil, so be cautious. Support its head whenever needed. Massage the joints in circular motions.



Neck, shoulder, arm :

Before we start the therapy let us apply oil on the baby.

For this take a little oil in your left hand and apply it onto the baby's neck, both shoulders and arms using your right hand.

Place both your palms on either side of the baby's neck. Gently move the palms along the shoulders, arms upto the finger tips.

Chest:

Take a little oil in your left hand and apply it on the baby's chest and either sides of the chest below the baby's underarm.

Place both your hands on either sides of baby's chest. Now massage the baby by moving the hands from the centre of the chest to either sides.

Gently massage in circular clockwise direction on the right side and anticlockwise on the left side of chest and downward through the sides below underarm. Move both hands on either side of chest at the same time.

Abdomen:

Using four fingers of the right palm apply oil and move your palm in circular clockwise direction .

Next place both palms on either sides of the abdomen and move downwards through either sides.

Hip and legs :

Apply oil on the right leg of the baby .

Supporting the baby's hip joint with the left palm and massage with the right palm

Massage downwards and continuously also to the sides of leg , behind leg, downwards to knee . Hold the back of knee and again massage downwards with right palm till the foot. By supporting the knee joint with your left hand, stretch the leg with your right hand.

Repeat the same on the other leg.

Feet and soles:

Apply a little oil on the feet and soles with your right hand and move gently in upward direction towards the tip of toes, by supporting the ankle joint with your left hand.

Gently massage the soles in soft circular motion using right thumb.

STEP 2: Turn baby to the sides

Upper and lower back, buttocks:

Turn the baby to its right side and support the baby with your left hand.

Apply a little oil on the upper and lower back, buttocks using the right palm, and move downwards continuously with right hand only. No pressure has to be given on the spine.



STEP 3: Lying on back



Head :

Lift the head and neck of the baby with the left hand and apply oil on the hair and scalp with your right palm. Move in circular motion on the crown of the head.

Ear:

Apply oil and massage the outer and behind of ears using the thumb and index finger.

Forehead:

Place both thumbs on the midline of forehead and move them sideways to either sides at the same time.

Eyes: Place the thumbs above eyelids and move them gently to the sides. Repeat the same below eyes

Nose: Apply little oil on the nose and gently massage by placing both thumbs on the base of of nose near eyebrows and massage downwards to the tip of the nose .

Cheeks: Apply little oil and massage both the cheeks at the same time in circular motion using your thumbs.

Lips, chin and neck: Apply oil above lip and also on chin and neck. Massage above lips to the sides with thumbs, by placing them in the middle above the lips. From the sides of lip, massage downwards to the chin. From the chin massage downwards to neck very gently with right palm , while the left palm should be supporting the head and neck of the baby.

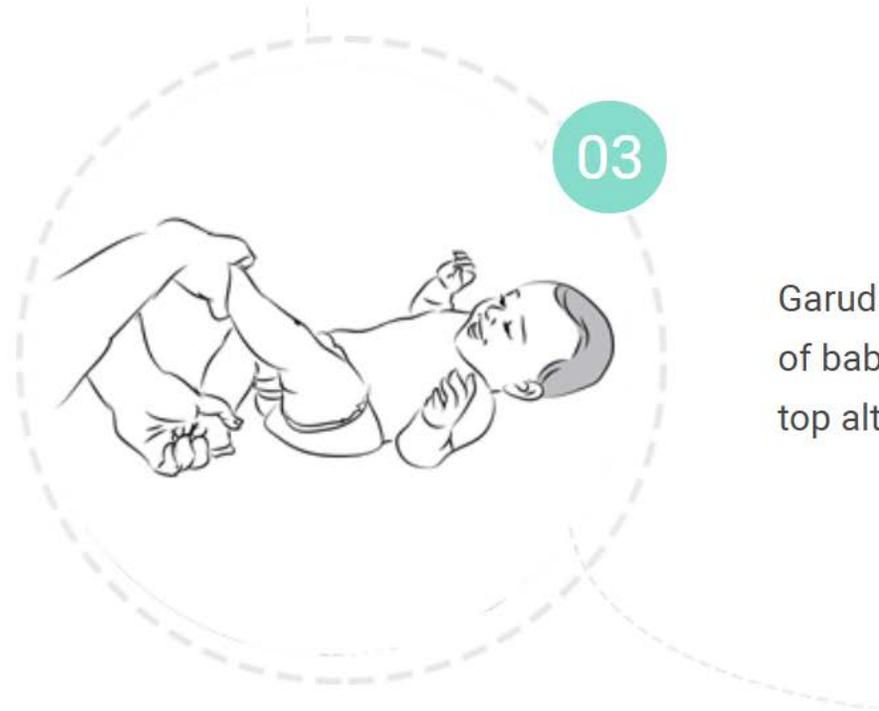
Baby Yoga



Fold the arms at both elbows simultaneously, for 3 seconds and extend. Repeat for 3 times



Cross the arms across chest simultaneously, hold for 3 seconds and come back to the original position. Repeat for 3 times.



Garudasana: Cross the legs. Holding ankles of baby, cross the legs, bringing each leg on top alternatively. Do for three times.



Pawanmuktasana: Fold the knees and hips slightly together towards abdomen slightly. Alternate each leg. Repeat for 3 times



Fold the legs at knee joint, hold for 3 seconds and extend. Repeat for 3 times.

BABY BATH

Lying on the back: The baby should be in lying position (on its back).

- Apply soap very mildly by lathering with water and apply first to the neck, shoulder, arm. Wash the hands and fingers first with warm water by cupping the right palm and washing them. So that soap does not enter mouth, even if baby sucks finger. Slightly turn the baby to its right side and apply soap on the back of body too.
- Pour water on the baby's body, by taking warm water from basin by cupping the palm.
- Pour water and wash the neck, shoulders, arm, chest, abdomen and legs.
- Turn the baby to its right side and wash the back too.
- Carefully wash all hidden folds like underarms, genitals, between buttocks and back of knee by pouring water.
- Uphold the head and neck of the baby. Water should not enter eyes, ears, nose and mouth. Wipe the face gently and carefully

On the Tummy

- While washing the head, the baby should be made to lie on its tummy by supporting its chest and shoulder with the left hand. Baby should be in an inclined position. Pressure should not be given to the chest or face.
- Put a drop of the shampoo and pour water on babies head, lather and wash the head with the right palm and by wiping off forward, immediately. Wipe or towel dry hair and scalp properly and later the body and then wrap the baby in a towel.



Thank you 😊