

Alleviating Colic Symptoms with Baby Massage

Colic

It can be a most upsetting experience for a parent to watch a young baby screaming in agony, with what looks like, severe tummy pains. It often lasts for many hours and usually starts around the same time each day. The condition is harmless although it can be very distressing for the baby to experience and the parents to observe. Massage and a few simple techniques can alleviate colic, but parents are advised to seek medical advice to check that there are no underlying medical problems.

Techniques to Help

Reduce any extra stimuli in the room such as loud noises, bright lights and over-powering fragrances.

Hold baby over your arm securely so that they are facing downwards. Place your hand over their back to support them and rock them gently. This is soothing for the tummy and will help to calm them down.



Colic Massage Routine

If your baby suffers from colic, wind or constipation massaging the stomach can help the symptoms. It is advised that you do not attempt to massage your baby whilst in the throes of a bout of colic.

Follow the simple Colic Routine each nappy change and about an hour before the usual onset of crying. If you prefer, please contact your Touch-Learn Baby Massage Teacher who will teach you the colic routine.

Colic Routine

Relaxation:

Firstly take a deep breath, relax shoulders and arms and exhale slowly to release any anxiety. Ask permission from your baby to massage them.



Massage

1. Using the flat of your hand gently massage around your baby's tummy button in a clockwise direction taking care not to massage over the rib cage area as this may make it uncomfortable for your baby. Repeat six times.
2. Using the flat of both hands, gently stroke your hands down the tummy from just above the navel to the top of legs, alternating your hands. Repeat six times with both hands. This whole routine can be repeated up to three times.©
3. Holding your baby's legs gently together at the ankles, push your baby's knees towards his/her tummy and hold for 5 seconds, then release. (Don't push beyond their natural flexibility, or the point of any resistance.) Repeat three times.

