

Massaging Baby's Stress Away

Robin Schwartz

I will say “infant massage” and people are like, “What stress could a baby possibly have?” Imagine that every day of your life, you know, new stimulation is coming in from all sides and you have absolutely no way to process all of it, nor can you communicate what you need.

Narrator

Infant massage also helps baby’s developing bodies.

Robin Schwartz

Babies need help. Doing the massage is actually working on their circulatory system because it’s getting the blood to everywhere in the body that it needs to go.

Narrator

Massage can improve your little one’s sleep patterns; ease his pain from things like teething and gas and help meals go down easier.

Robin Schwartz

When you are doing a little massage on the tummy, it starts to help the organs. You are calming down the digestion.

Narrator

Massage can be good for premature babies too.

Robin Schwartz

When they were massaged in the hospital, they were going home much sooner. It was like it was speeding up that maturation process a little bit. So you can massage your baby from the moment it’s born.

Narrator

Experts say monitoring your baby’s reactions is key to a safe and happy massage.

Robin Schwartz

If you are doing a little massage and you see that it’s getting over-stimulated or it’s starting to fuss a lot, past a certain point I wouldn’t go on. You want to stay in touch with what is happening with your baby and always watch for those non-verbal cues.

Narrator

Of course, babies aren’t the only ones who enjoy the massage sessions.

Shana

He just started smiling and you don’t know why he is smiling, but now you are actually doing something to actually make him feel better and hopefully those smiles are real smiles instead of just gas or whatever it is.

Robin Schwartz

It’s so hard to get past the crying and the diapers and the feeding and the time and it’s always changing and everything else and this is just like, ah, that little window, that little space of time just for me and my baby. It’s just about here, right here and right now.