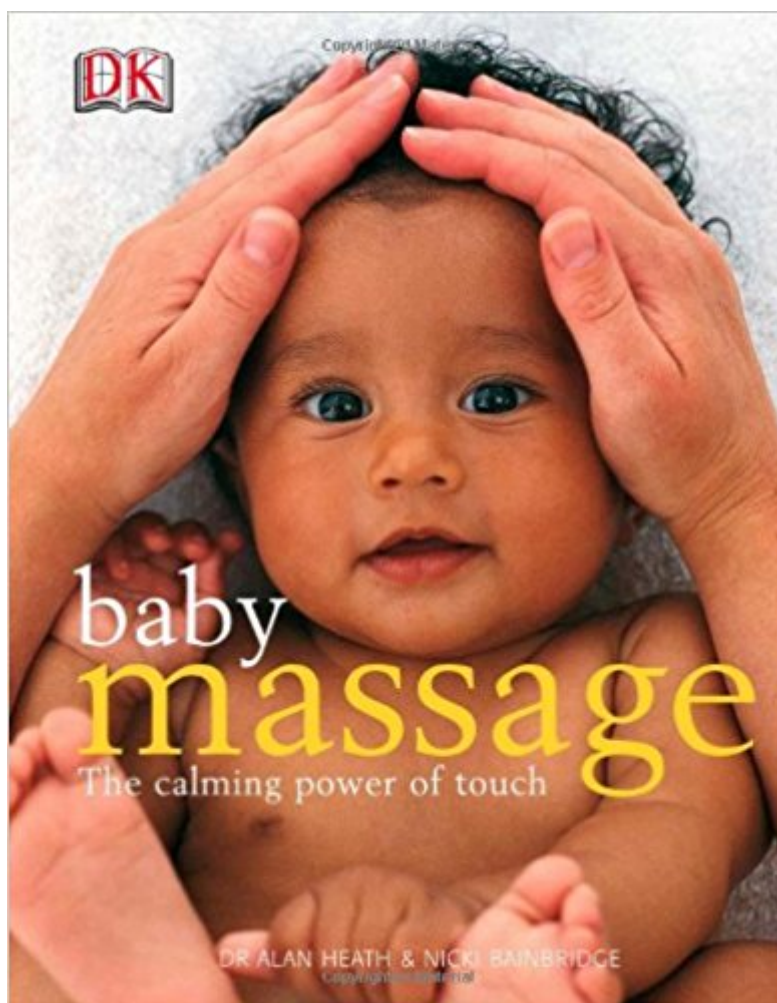


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# Baby Massage: The Calming Power Of Touch



## Synopsis

Baby Massage offers parents and caretakers safe and easy-to-learn massage techniques that reinforce bonding and all-around wellbeing. Step-by-step pictures show simple methods to soothe fretful babies, help them to get to sleep, and ease the pain of common ailments such as colic, and teething. Massage has been proven to enhance babies' and toddlers' brain development, encouraging brighter, happier children--and this beautifully illustrated guide makes it abundantly clear how easy it is to learn how.

## Book Information

Age Range: 1 - 1 year

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Average Customer Review: 4.5 out of 5 stars 40 customer reviews

Best Sellers Rank: #212,367 in Books (See Top 100 in Books) #143 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #479 in Books > Health, Fitness & Dieting > Children's Health #633 in Books > Parenting & Relationships > Parenting > Early Childhood

## Customer Reviews

Child psychologist Dr. Alan Heath and pediatric nurse Nicki Bainbridge developed the massage methods demonstrated in this book at their successful sleep and crying clinics in London.

The descriptions are great and pictures helped a lot. A video would be much more helpful as I have to read in my spare time, practice on a stuffed toy, then have the book open and review as I'm massaging baby. I also find it easier to do it in steps as opposed to trying to do the entire body all at once while still learning. So I'll start with chest/arms and then the next time add on stomach then legs etc. But I imagine it will get easier to remember after doing over and over.

I'm a professional massage therapist and I was looking for a good, easy to use infant massage reference to give as a baby shower gift to a friend. This is a great book!! There are great visual aids

and easy to follow instructions. I would highly recommend this for any novice massage enthusiast and especially for any new moms.

The massage techniques laid out in this book are easy to follow. Also, it is helpful that the book is not too wordy; the authors did a good job of using photos to communicate, which is helpful as with a newborn or young baby, one does not have time to read lengthy texts. The one thing that I question is the suggestion that young babies respond well to massages on a regular basis. In my case, my baby did not want to be massaged at a few weeks old. He seems to be responding better at 8 weeks old.

The techniques in this book were a lifesaver when our baby decided to be fussy. The sections on gas relief should be required reading!

FIRST, A WORD ON HEALTH CARE PUBLICATIONS-When looking for a book on almost any subject, it's always a good bet that DK books will have one on the subject. And whereas the overwhelming majority of them will be accurate in their presentation, it is good to remember that ALL information about health is subject to regular change and update. Unfortunately, Doctors and nurses simply don't have the time needed to constantly pour over new journal articles and go to seminars. This is why WE must keep OURSELVES informed by doing just that. Medical libraries are FREE for use by anyone in this country that pays their taxes and their staff knows this and are more than happy to help you learn how to use them. They know that by doing this we are not only increasing our own knowledge of current practices and procedures, but we are actually creating an invaluable resource for our healthcare providers. If your Doctor tells you that you have a condition that they are not familiar with, go to the medical library and look up any journal articles that have come out in the past year on the subject and make two (2) copies. Take one to your Doctor and keep one for yourself. The positive response you get may surprise you, and it will certainly prove to your health care provider that you are interested in being proactive in your recovery. THE REVIEW!! As a Clinical Massage Therapist and Father, I can tell you from experience that this book is not only well written and contains some really cute pictures, but the information contained within is mostly accurate and very easily digested. I have heard of both of the contributing authors and can say that both have good reputations in their fields. Why not 5 stars? For the simple reason that the authors STILL not only illustrate the Indian "milking" technique, but recommend it. Being the only obvious and unmistakable flaw in the book, it is excusable, but only just. Indian milking is not only counter

productive to the massage itself, but it does physically irreversible damage to the valves in the veins in the arms and in the legs. You should never, never, NEVER work from hip to foot or shoulder to arm; ALWAYS work with the flow of the vein, or in this case, towards the heart. To not do so is to force blood to move AGAINST natural venous flow and can cause the leaflet valves in the veins returning blood to the heart to become damaged and useless. Later on in life, this damage will cause painful varicose and spider veins. If you have any question of this or of the medical research that proves it, just look on the legs of almost any East Indian man or woman and almost invariably you will see evidence of varicosities. There are even pamphlets being produced in India that are telling Mothers to work towards the heart to prevent this from happening. Aside from this one problem, this is an EXCELLENT book. I say that not only because any book that promotes this kind of bonding with parent and child is on my "A" list, but also because the vast majority of the information is accurate and correct!

Fantastic - I adore this book - I buy as many copies as I can - I give them as gifts to my students that I teach therapeutic massage to - this has many of the same techniques I use and the pictures are wonderful - very nice book, every parent should have this for their child. Maybe the world would be a better place if parents loved on and touched their children more.

every one who has a little one should have this book for their little one I think I have given out 5 or more as gifts

My son is 2 months old and he loves the massage techniques that are described in this book. We use olive oil and I put him down on a towel covered with the carters keep me dry flannel bassinet pad. The pictures in this book are beautiful and depict the strokes excellently, which is why it gets 5 stars from me!

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