



Tips for Growing Your Baby's Brain

Tip #11: Massage Your Baby

One way babies take in experience is through touch. What matters is the kind and amount of touch your baby receives. Infant massage is an excellent way to give your baby experiences that help build healthy brain connections.

How does this work?

As each part of baby's body is gently touched during massage, different nerve cells and connections are affected. The connections that are made will help your baby to associate pleasant sensations with a pleasant emotional mood and with a caring parent who is speaking softly and sharing eye contact. One benefit of massage is that it helps you and your baby to fall in love.

Babies who are massaged generally spend more time in the quiet alert state, cry less, fall asleep easier, gain more weight, and show more positive moods with their mothers.

It helps to do some deep breathing and maybe a stretch before you begin your massage. Speak softly, smile at your baby, and add some soft music if you like. All these things together help your baby to reach his full potential.

Learning infant massage can help your baby to be brighter and happier. Massage works best when you are relaxed and when your baby is in the quiet alert state.