

The background of the entire cover is a close-up photograph of a baby's face and upper torso. The baby has dark skin, large dark eyes, and dark curly hair. Two adult hands are gently holding the baby's head from the sides, with fingers resting on the forehead and hair. The baby's expression is calm and looking directly at the camera. The overall tone is warm and nurturing.

# baby massage

The calming power of touch

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*Alan Heath*

## Baby Massage Calm Power of Touch: The Calming Power of Touch



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Baby Massage presents parents and caretakers safe and sound and easy-to-learn massage methods that reinforce bonding and all-around wellbeing. Therapeutic massage has been proven to enhance babies' and toddlers' mind development, encouraging brighter, happier children--and this beautifully illustrated instruction makes it abundantly clear how easy it really is to understand how. Step-by-step images show simple methods to soothe fretful infants, help them to get to sleep, and sooth the pain of common ailments such as colic, and teething.



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Good for an eternity..Will be return purchaser.. I purchased this for my nephew and his wife who do not live in the same city simply because me. As described. Therefore I'll focus on chest/arms and then next time add on stomach then hip and legs etc. Additionally publication, I sent the Summer Infant Baby My Baby Nice Dreams Baby Therapeutic massage Set, also very well received. For instance, soothing the baby to rest, toddler play period, and how to relax before giving baby a massage. She is happy and healthy My daughter-in-law massages our grandchild every couple of days. A video will be a lot more helpful as I must read in my spare time, practice on a stuffed gadget, then have the reserve open up and review as I'm massaging baby. I also find it easier to perform it in steps as opposed to trying to perform the entire body all at one time while still learning. I was told that at the infant shower everyone wanted an opportunity to look through the publication and that it was among the best presents received. But I visualize it will get simpler to remember after doing over and over. The massage techniques organized in this book are easy to follow The massage techniques organized in this book are easy to check out. Well crafted with GREAT pix, BUT. I have heard about both of the contributing authors and may say that both have good reputations within their fields. The thing that I query is the suggestion that young babies react well to massages on a regular basis. In my case, my baby did not want to be massaged at a couple weeks old. He seems to be responding better at eight weeks old. GREAT reference! I'm a professional massage therapist and I was looking for a good, simple to use infant therapeutic massage reference to provide as a baby shower celebration gift to a friend. This is an excellent book!! . I would highly recommend this for just about any novice massage enthusiast and especially for any new moms. ALWAYS work with the stream of the vein, or in this case, towards the heart. The positive response you obtain may surprise you, and it will certainly show to your medical provider that you are interested in becoming proactive in your recovery. Good condition, easy to understand Great book, I really like that it's clear and easy to comprehend. It also goes over a varieties of subjects. I will keep this combo in mind for future baby showers. Great reserve! Also, it is useful that the book isn't too wordy;If your Doctor tells you you have a condition that they are not familiar with, visit 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. There are excellent visual helps and easy to check out instructions.! Having attended a baby massage class a few years back, with a pal and their 7 month old who looked like they were thoroughly experiencing it.Sadly, Doctors and nurses merely don't have the time had a need to constantly pour over fresh journal articles and head to seminars. That is why WE must keep OURSELVES educated by doing just that. Should you have anyquestion of the or of the medical research that proves it, just look on the hip and legs of nearly every East Indian male or female and

almost invariable you will notice evidence of vericosities. You will want to 5 stars? . Take one to your Doctor and keep one for yourself. The sections on gas alleviation should be required reading! Good product Useful and easy to clean Gentle touch and talking to your baby is vital. FIRST, A WORD ON HEALTH CARE PUBLICATIONS-When looking for a book about almost any subject, it's always a good bet that DK books could have one about them. As a Clinical Massage Therapist and Dad, I can tell you from experience that this book isn't only well written and contains some really cute photos, but the information contained within is mostly accurate and very quickly digested. the authors do a good job of using photos to connect, which is helpful as with a new baby or youthful baby, one does not have time to read lengthy texts. They understand that using this method we are not only increasing our very own knowledge of current procedures and procedures, but we are actually creating a great resource for our health care providers. Aside from this one problem, this is a fantastic book. Being the only apparent and unmistakeable flaw in the reserve, it is excusable, but only. Indian milking is not only counter productive to the massage itself, nonetheless it does physically irreversible harm to the valves in the veins in the hands and in the legs. You must never, never, NEVER work from hip to feet or shoulder to arm; Limited to parents who enjoy sleeping babies The techniques in this book were a lifesaver when our baby made a decision to be fussy. Never to do therefore is to force blood to go AGAINST natural venous flow and can trigger the leaflet valves in the veins returning bloodstream to the heart to be damaged and useless. Later on in life, this damage may cause painful varicose and spider veins. Medical libraries are Free of charge for make use of by anyone in this nation that pays their taxes and their staff knows this and are more than content to help you learn how to utilize them. There are actually pamphlets being produced in India that are telling Mothers to work at the heart to avoid this from happening. For the simple cause that the authors Even now not only illustrate the Indian "milking" technique, but recommend it. I state that not only because any publication that promotes this type of bonding with parent and child can be on my "A" list, but also because the vast bulk of the info is accurate and right! The descriptions are great and pictures helped a whole lot The descriptions are excellent and pictures helped a whole lot. She is happy and healthy. THE REVIEW! And whereas the overwhelming most them will end up being accurate within their presentation, it is great to remember that ALL information about health is subject to regular change and revise. I thought this would be a perfect gift to give for another friend, who was simply expecting their first baby, so they could knowledge this too. Good product! Five Stars Wonderful for all new parents. Thanks! Nevertheless, I did get a chance to look through it before mailing it, and the publication is comprehensive and documents instructions well....



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