



Preparing for baby reflexology

1. Try this for up to **5 minutes daily when your baby is calm**. It's also important you stay calm, as babies can pick up any feelings of anxiety.
2. **Work one foot at a time**. Use one hand to hold to foot and the other to work the points, then move to the second foot and repeat the sequence.
3. Remember to use **gentle pressure**.
4. This is supposed to **be fun**, so sing Nursery rhymes, smile or talk to your baby as you carry out the massage.
5. Babies can wiggle a lot, but if they pull their legs away from you, this can be a sign that it hurts, or they don't want reflexology at this time. **Stop and try again later**.



How to do Reflexology on your baby



Place the palms of your hands on the baby's feet to **connect to your baby**.

Support the heels of your baby's feet in the palms of your hands and hold them loosely for about 10 seconds whilst talking to them in a soothing voice.

Using your thumb, make circular movements in a clockwise direction in the **middle of the foot** (see picture - 1).

Again, using your thumb, make circular movements in a clockwise direction **over the heel area** (see picture - 2).

Use your thumb to gently push up from the base of **each toe** to the very tips (see picture - 3).

Place your thumb in the **centre of the foot** where it folds (the little sunshine), gently press in and hold for 10 seconds (see picture - 4)