

# **MASSAGE TIPS AND TECHNIQUES**

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## **Abdominal “I LUV U” Constipation Massage**

- 1) Place lotion in hands, rub together to warm lotion. OR no need to use lotion, technique will be just as effective!
- 2) Gently rub lotion onto abdomen, wringing motion back and forth slowly.
- 3) Abdomen/Rib Cage Tracing x 3. Begin on left side of belly button, trace gentle strokes from right under last rib bone downward x 3.
- 4) Then trace letter C from transverse colon to descending colon then ascending colon, upside down letter I L U. Or simply trace letter C on abdomen. The main idea is to allow your hand to become like a human heating pad. Stimulating, giving warmth and “love” to abdomen.

## **Hand Massage**

- 1) Gently warm lotion and hold child’s hand.
- 2) Breath slowly to begin relaxation process and encourage your child to do the same. This relaxes both giver and receiver.
- 3) Begin at wrist and 3 x. Slowly from palm of hand to fingers of each hand open up like a little fan shape.

## **Feet Massage**

- 1) Gently warm lotion in your hands and hold foot of child.
- 2) Breath slowly to begin relaxation process and encourage child to do the same. This relaxes both the giver and receiver.
- 3) Begin at heel and slowly apply gentle strokes on heel the make your way to top of foot and bottom of foot.
- 4) Or you can simply hold foot with one hand on top of foot and one hand on bottom of foot. Breath.

## **Head/scalp Massage**

- 1) Gently rub scalp in circular motion, very slow motion. (Of course, only if child enjoys head massage.)
- 2) Occipital hold - Occiput is the bone right under head/top of neck. Your fingers hold this area while gentle massage applied.