

Gentle Baby Massage

SENSORY PLAY | Ages 0-3 months | 10 minutes

About This Activity

Bonding activity that soothes baby while promoting sensory development and body awareness.

Materials Needed

- baby oil
- soft towel
- changing mat

Step-by-Step Instructions

In a warm room, lay baby on a soft surface. Use baby-safe oil or lotion. Gently massage baby's arms, legs, tummy, and back using soft circular motions. Talk or sing softly to baby during massage. Watch for cues - if baby seems uncomfortable, stop. Best done after bath time or before sleep. 5-10 minutes total.

Developmental Benefits

SENSORY, SOCIAL EMOTIONAL