



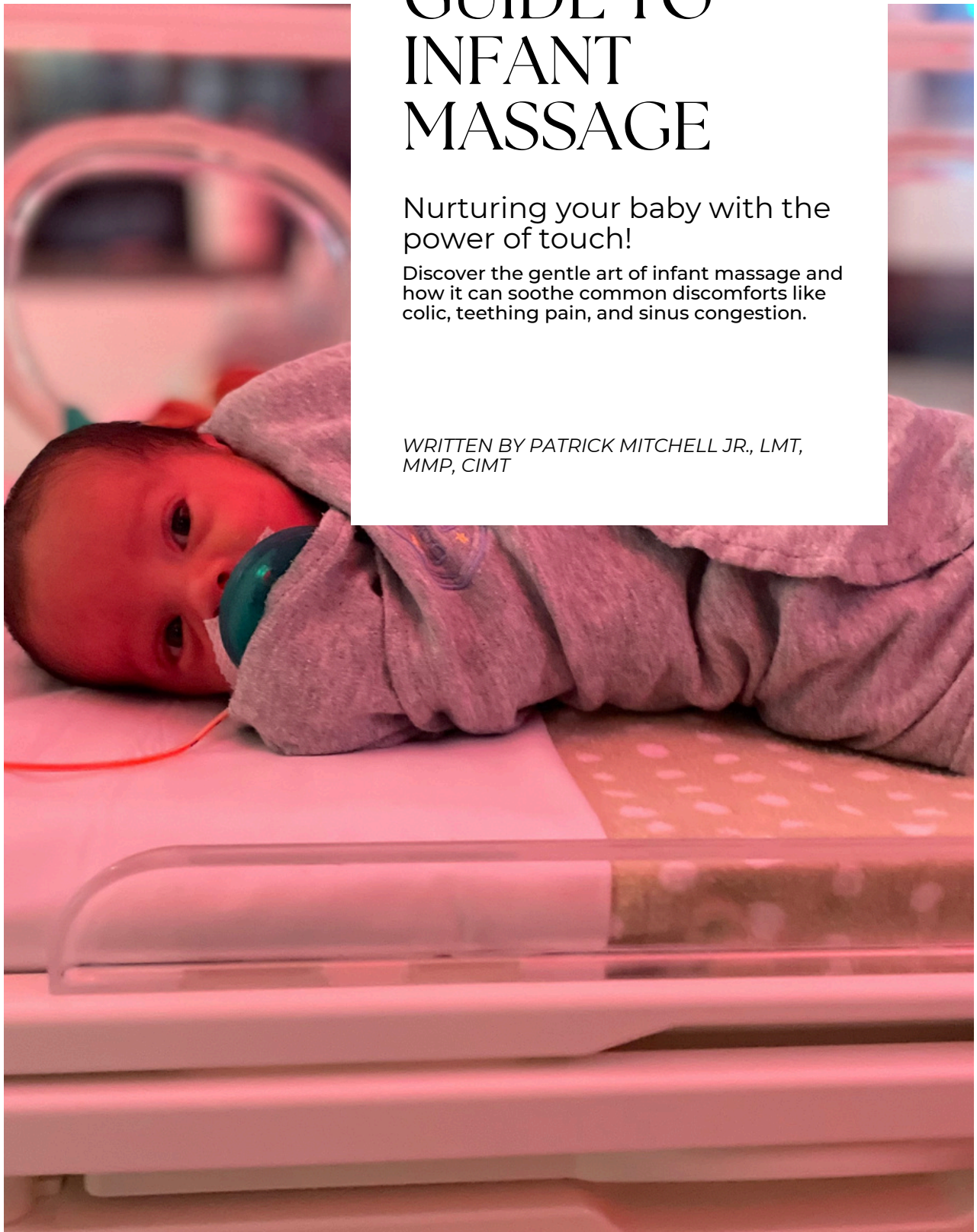
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# THE OFFICIAL GUIDE TO INFANT MASSAGE

Nurturing your baby with the  
power of touch!

Discover the gentle art of infant massage and  
how it can soothe common discomforts like  
colic, teething pain, and sinus congestion.

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This guide introduces you to the basics of safe, effective massage techniques that promote bonding, relaxation, and overall well-being for your little one. Get started on your journey to a happier, healthier baby—one tiny touch at a time!

*P. Mitchell Jr.*





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# WHO IS TINY TOUCH?

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Tiny Touch was born from both experience and passion. As a twin dad and a professional massage therapist, I've seen firsthand how powerful touch can be for healing and relaxation. When I found out I was going to be a father, I naturally started thinking about how massage could benefit my babies. But as I looked around, I realized that infant massage wasn't something many people talked about.

Curious, I dove into research and discovered the incredible benefits of infant massage—from soothing colic and teething pain to improving sleep and strengthening the parent-child bond. I knew other parents could benefit from this knowledge, so I took the next step: I became a certified infant massage instructor.

What makes Tiny Touch unique? My journey isn't just professional—it's personal. My twins were born premature, and I've had the experience of working with babies in the NICU. I understand the delicate needs of newborns, preemies, and growing infants, and I'm here to guide parents and caregivers in using the power of touch to support their baby's development and well-being.

At Tiny Touch, my mission is simple: to teach parents how to safely and effectively incorporate massage into their daily routine, creating a deeper bond and a happier, healthier baby. Whether you're a new parent, an experienced caregiver, or simply curious, Tiny Touch is here to help you on this journey.

Let's nurture little ones—one tiny touch at a time.



# WHY INFANT MASSAGE?

## INFANT DEVELOPMENT

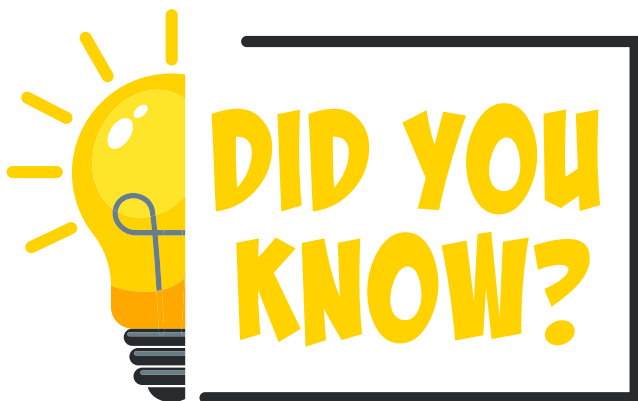


Gentle touch stimulates the nervous system, helping with muscle tone, coordination, and overall growth. It also strengthens the parent-child bond, providing emotional security that supports cognitive and social development.

## TOP BENEFITS



Infant massage promotes better sleep, digestion, and circulation while reducing stress hormones. Regular massage can soothe colic, teething discomfort, and sinus congestion.



Studies show that preterm infants who receive daily massage gain weight 47% faster than those who don't, due to improved digestion and circulation.





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# INFANT MASSAGE TECHNIQUES

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# SINUS & CONGESTION

**Babies can't clear their own nasal passages and are more prone to congestion due to smaller nasal passages and undeveloped sinuses.**

Common signs include noisy or labored breathing, trouble sleeping, fussiness, difficulty feeding, and rubbing of the eyes and nose.

Gentle massage around the nose and sinus areas can help improve blood flow and encourage drainage.

Facial massage can help relax the baby, potentially making breathing easier and calm fussiness.

## HOW TO:

1. **Nurturing Touch** - Loving and still, rest your warm palms on the side of baby's face.
2. **Clear Sinuses** - Using your index fingers, glide down the side of baby's nose, stopping just to the side of the nostrils. Gently press fingers then glide up the cheeks.
3. **Happy Smiles** - Using your finger pads, place on center of upper lips and glide outwards. Repeat on lower lip.
4. **Cuddly Cheeks** - Draw small circles on baby's cuddly cheeks.
5. **Hug the Ears** - Using your index fingers and thumbs, "Hug" the ears simultaneously from top to bottom.
6. **Hug the neck** - Gently glide hands behind head and cup the neck. CAUTION: Do NOT lift baby's head.
7. **Soothing Glide** - Gently glide down baby's face.

# 4 Tips

## For success: Making the Most of Infant Massage

- 1 Follow your baby's cues
- 2 Be confident but flexible
- 3 Keep the environment comfortable
- 4 Respect your baby's preferences



# FAQ



## WHAT AGE CAN I START MASSAGE?

You can begin infant massage from birth! Gentle touch is beneficial even for newborns, including premies (with doctors approval). Start with light strokes and short sessions, gradually increasing as your baby gets used to it.

**SAFE PRACTICE WOULD BE AT LEAST 2.2 LBS OR 32 WEEKS GESTATIONAL AGE.**



## HOW OFTEN SHOULD I MASSAGE MY BABY?

There's no set rule, but daily or a few times a week is ideal. Some parents incorporate massage into their baby's bedtime routine to promote relaxation and better sleep.

**FOLLOW YOUR BABY'S CUES TO DETERMINE WHAT WORKS BEST!**



## WHAT IF MY BABY DOESN'T LIKE MASSAGE?

Some babies take time to adjust. If your baby resists, try massaging at a different time of the day, using lighter pressure, or focusing on areas they enjoy (like their legs or back). Keep sessions short at first and build up gradually. If they continue to resist, pause and try again another day.

**IT'S IMPORTANT NOT TO FORCE IT! WHEN THEY'RE READY, YOU'LL KNOW.**





# THANK YOU FOR READING!



THANK YOU FOR TAKING THE TIME TO LEARN ABOUT THE POWER OF INFANT MASSAGE! I HOPE THIS GUIDE HAS GIVEN YOU VALUABLE INSIGHTS INTO HOW GENTLE TOUCH CAN SUPPORT YOUR BABY'S HEALTH, DEVELOPMENT, AND OVERALL WELL-BEING.

AS A SPECIAL THANK YOU FOR READING, IM OFFERING AN EXCLUSIVE DISCOUNT ON MY TINY TOUCH INFANT MASSAGE CLASS —JUST FOR YOU! SCAN THE QR CODE ON THE NEXT PAGE TO CLAIM YOUR DISCOUNT NOW.

I LOOK FORWARD TO GUIDING YOU ON THIS JOURNEY OF BONDING, RELAXATION, AND WELLNESS!

SEE YOU IN CLASS!



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