



Parents Guide to Kids Bedtime Massage!!!

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Why massage helps

01

Nervous System Support

02

Bonding

03

Better Sleep and falling asleep
faster

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Safety^{!!!}

01

Do Not massage if your child has a fever, is on antibiotics or has any open wounds

02

Always use Gentle pressure

03

Listen to any cues given by your child. Stop if they say NO

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After Bath



1. Using Sleepy time balm, Start circular motions on their chest
2. On their belly, apply light pressure in a clockwise direction
3. Gently knead arms, legs and feet in circular motions

****** Do not use balm on face or eyes and avoid the spine



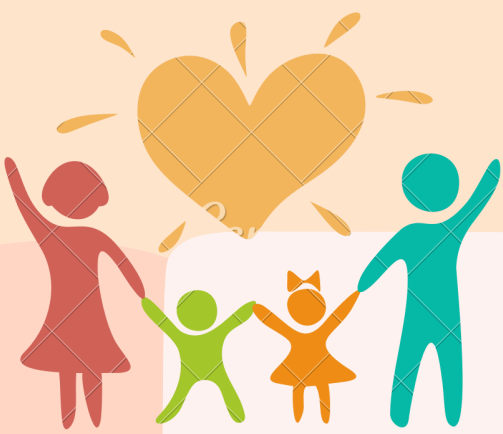
Sleep Time



*Play low, soft
music or white
noise



1. Start at the Ankles by placing your hands on your child's lower leg
2. Soft Rhythmic Squeezes moving upward towards the knee one second per squeeze
3. Glide back down with no pressure
4. Switch legs with the same steady flow
5. Continue to the feet, working with thumb compressions around the edges of foot then up the middle.



- keep in mind the smooth rhythmic motions of the massage with firm but gentle pressure

- Going slow will help with relaxing into sleep

- It helps to think of how you would enjoy drifting off to sleep after a hard day working out your muscles

- Always work with intention

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