

Behavioral States Chart

Sleep States:

Quiet Sleep/Deep Sleep

- Lack of body activity/movement
- Smooth, regular breathing
- Eyes are closed tight
- Lack of facial or eye movement
- Bursts of sucking movements
- Occasional startles
- Very difficult to awaken
- If awakened, quickly returns to sleep
- Intrusive procedures not recommended
- Feeding is usually unsuccessful
- Generally unresponsive

Active Sleep/Light Sleep

- More body activity
- Irregular breathing
- Facial movements
- Movement of eyes under the lids (REM)
- Easier to awaken
- Feeding can be difficult
- Baby can even smile
- More responsive

Transitional State:

Drowsy

- Variable activity
- Irregular breathing
- Eyes may be opened then closed
- Eyes glazed
- Delayed responsiveness
- Easier to awaken
- Difficult to tell if baby is awake/asleep
- If left alone, may go back to sleep
- Feeding difficult until fully awakened
- Can awaken or go back to sleep

Awake States:

Quiet Alert

- Minimal body activity
- Regular breathing
- Face is bright and shiny
- Most attentive to stimuli
- Observant, taking in the surroundings
- Good time to feel, hold, and interact
- Responds and learns best in this state
- In the first hours after birth, most newborns have intense periods of this state followed by deep sleep

Active Alert

- Much body activity
- Irregular breathing
- Facial movement
- Sensitive to stimuli
- May signal for a change: feed, re-position
- Fussiness
- Difficult to interact
- If left alone, can console oneself

Crying

- Irregular breathing
- Facial grimace
- Cries
- Color changes
- Limits have been reached
- Needs a change
- Needs consoling
- Variable sensitivity to stimuli

Listening to Babies

In the article, "Listening to Babies" Vimala McClure writes:

Imagine you have just been through a very traumatic experience, something that really disturbed you deeply. You feel yourself on the verge of tears and unable to relax or concentrate, and you go to your spouse or a friend for help. You begin to talk about what happened to you and how you're feeling about it.

After a moment of sympathy your friend begins to shush you, saying, "There, there, never mind. Please don't cry. I can't stand it when you cry. Come on, smile for me now. Let me get you something to eat. Maybe you should go to a doctor."

Now imagine yourself in the same situation, with a different response from your friend. You begin to talk about what happened to you and how you're feeling about it. Your friend looks at you eye-to-eye. She leans forward and holds your hand. "I'm here for you, tell me all about it. I can see you're really hurting, and I want you to know that I love you and I want to help you through this."

You feel her genuine support and that trust enables you to really unload and, finally, come back to your center again. Your relationship with her is stronger; she feels good for having been there for you, and you are better able to go on toward healthy functioning.

When a baby cries for a physical reason, something needs to be actively done about the cry. If the cry is for an emotional reason, there are different ways to approach this. Within her article, Vimala suggests a three-step process, which is only one of several approaches.

1. Take a long, slow, deep breath and relax.
2. Clear all thoughts.
3. Connect with the baby, eye to eye if possible.

If the baby avoids eye contact, place their hands gently but firmly on their baby's body and make a connection through their hands, saying that they would like to hear what baby has to say.

Stay with the baby, be relaxed and receptive, and listen and respond by observing your baby's body language. Watch your baby's mouth and eyes. When you are sure that your baby feels heard and has said most of what was needed to be said, then offer your comfort by rocking, walking, or patting to help get organized again. Invariably, a baby who feels heard will sleep more deeply afterward and will trust.

When we truly listen to our infants, we are fulfilling all of their psychological needs. The underlying message is, "You are worthy of respect. You are valuable just the way you are." The baby is driven to agree, and grows in confidence, feeling a place in the world. The baby's sensory receptors take this message in and the whole body relaxes. Vimala ends with:

Oils

The type of oil you should use depends on many factors. Some are cultural preferences, family traditions, skin types, allergies, availability, trends, cost, and the health of the baby.

Cold-pressed Vegetable Oils

The International Association of Infant Massage recommends that babies be massaged with a high-quality (preferably organically grown), unscented, cold-pressed vegetable oil.

Cold-pressed oil is produced by pressing vegetables, fruits, seeds, nuts, or herbs mechanically and without the use of heat. Consider using oils that are produced locally.

Some advantages for use in infant massage

Cold-pressed oils typically:

- contain beneficial ingredients (e.g. Vitamin E, A, B1, B2, B6 and calcium)
- have no added odor, so babies benefit from their parent's natural smell, which is beneficial in the bonding process.
- are recognized as digestible food by the skin and body
- are edible
- nourish the skin and allow the skin to breathe

Some disadvantages for use in infant massage:

- Will become rancid after a period of time due to oxidation
- Poor-quality oil may contain contaminants
- Can vary in quality due to harvest

Recommendations

- Vegetable oil can be kept in a cool, dark place to help preserve it.
- Different types of oils can be tried in order to find the oil that best suits the baby.
- There are no contraindications about the use of oil for babies with eczema, except if the area has an open wound or is infected, in which case oil should be avoided. If a doctor has prescribed a cream for eczema, it can be used.
- A healthcare professional should be consulted if there are concerns regarding allergies.

Mineral and Synthetic Oils

Mineral oil is derived from petroleum, while synthetic oil is produced in the laboratory.

Some advantages:

- Does not oxidize (become rancid)
- Inexpensive

Some disadvantages for use in infant massage:

- The skin does not absorb most mineral oils, leaving a layer on the skin's surface, making it difficult for the skin to breathe.
- It is too greasy and sticky for clothing the baby afterwards.
- Most mineral and synthetic oils usually have an added scent. The odor, which is usually too stimulating to be used for infant massage, can therefore create a barrier between the parent and the baby.
- Mineral and synthetic oils are not metabolized by the human body.
- As mineral and synthetic oils are not recognized as a food by the human body, they may create a layer in the digestive track if swallowed by the baby, thus interfering with the absorbing of the normal intake of food and nutrients.
- With mineral and synthetic oils there can be an unknown risk factor when babies suck their fingers with the oil on them.
- They lack natural vitality.

Essential Oils

Although essential oils, also referred to as aromatherapy oils, are considered natural and derived from plants, they are very different from the vegetable oils referred to here. Essential oils are obtained by complex chemical processes, including distillation. They are extremely concentrated. They are used for therapeutic reasons and proper training of their use is necessary. The aromatherapy field itself does not advocate the use of essential oils for babies. Essential oils may well be too over-stimulating for a baby's developing body and nervous system. Essential oils have an effect on the brain and on cells. They also mask personal odors, which are important for bonding.

The International Association of Infant Massage strongly recommends avoiding the use of essential oils for the practice of infant massage.

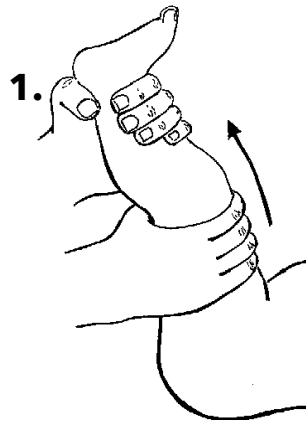
Infant Massage



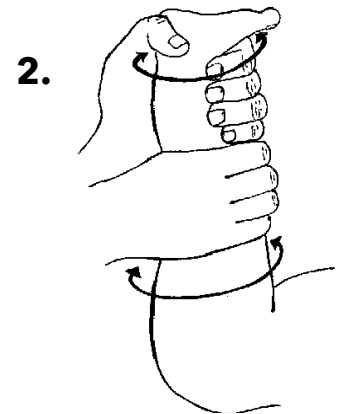
International Association of Infant Massage, headquartered in Sweden

Legs & Feet

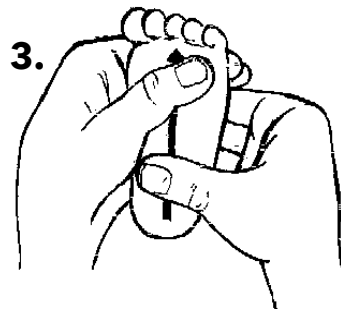
1. Indian Milking



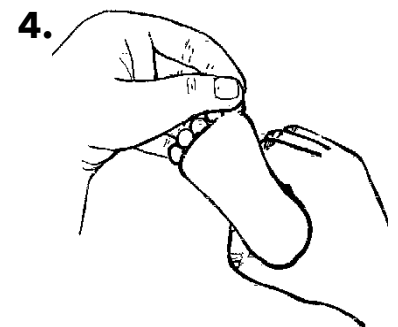
2. Hug and Glide
(Squeeze and twist)



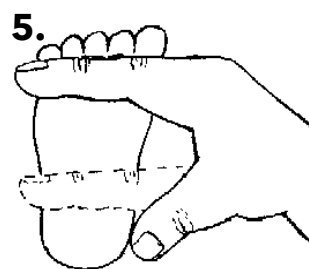
3. Thumb over Thumb



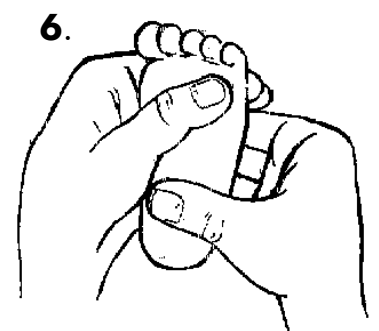
4. Toe Roll



5. Press Balls of Foot
(2 places)

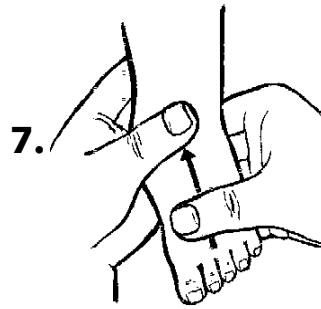


6. Thumb Press

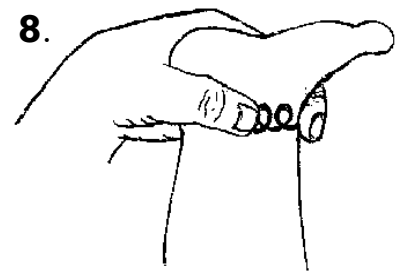


Legs & Feet - Continued

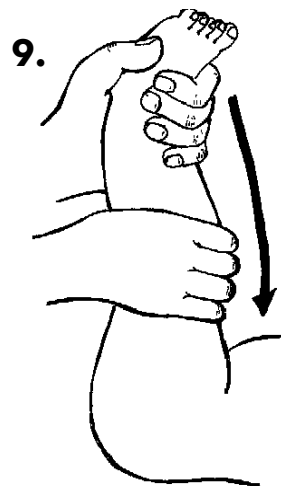
7. Top of Foot



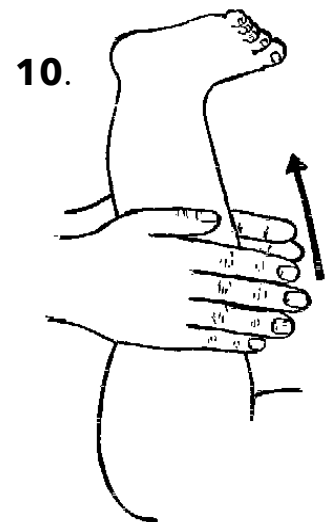
8. Ankle Circles



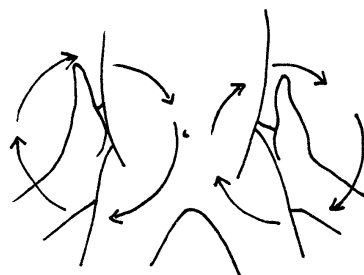
9. Swedish Milking



10. Rolling



11. Bottom Relaxer

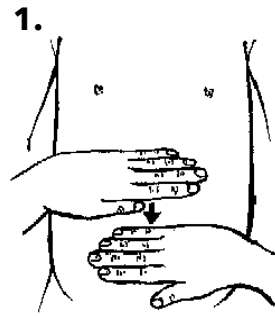


12. Integration

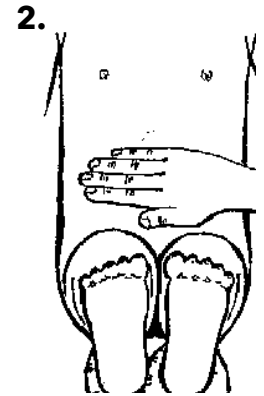


Stomach

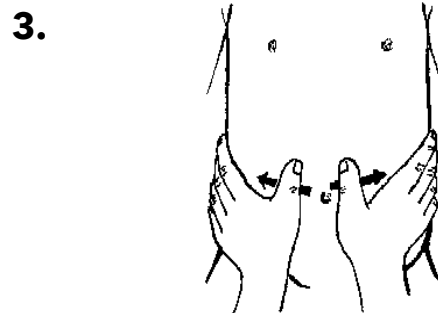
1. Water Wheel



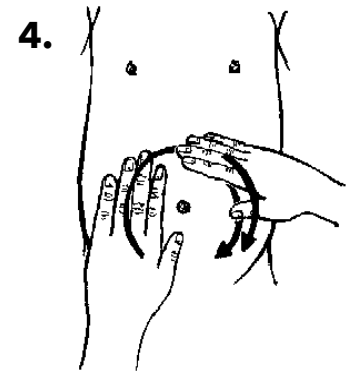
2. Lift legs - Water Wheel



3. Open Book



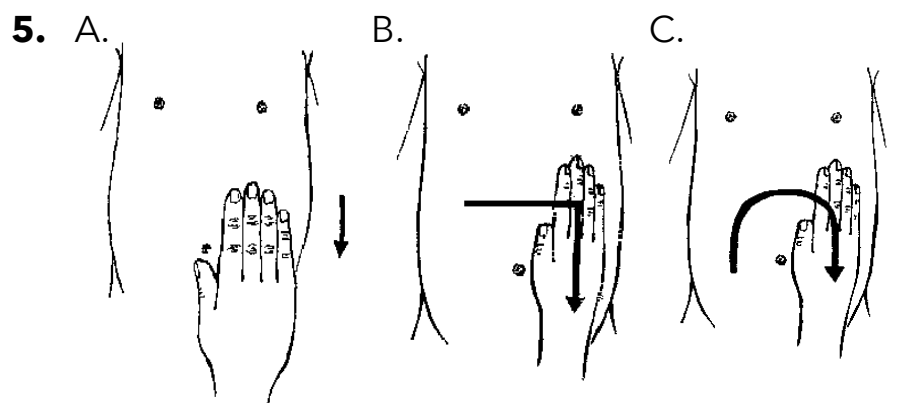
4. Sun and Moon



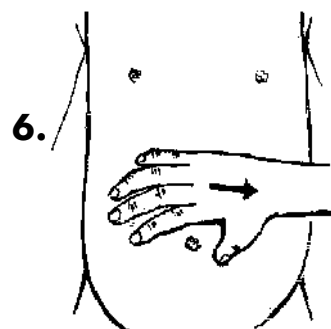
5-a. I

5-b. Love

5-c. You

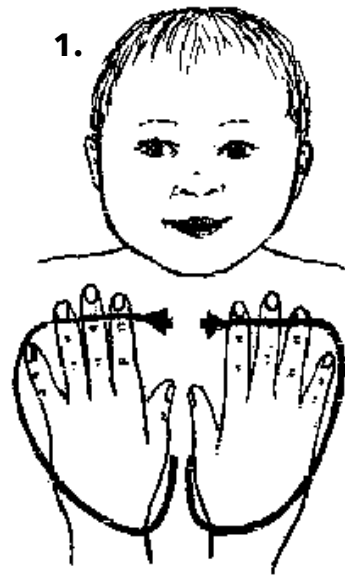


6. Walking

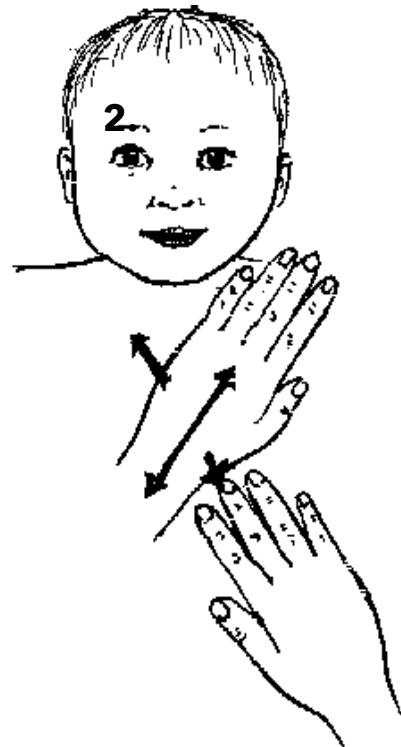


Chest

1. Open book



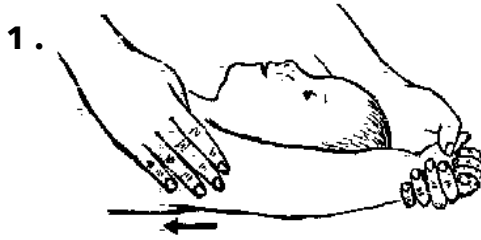
2. Butterfly



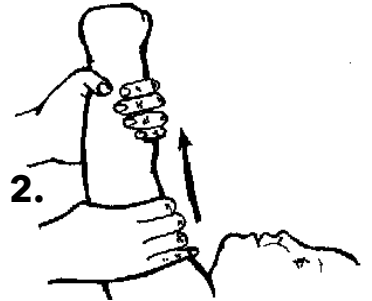
2. Integration

Arms & Hands

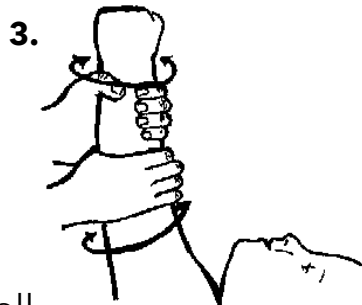
1. Pit Stop



2. Indian Milking



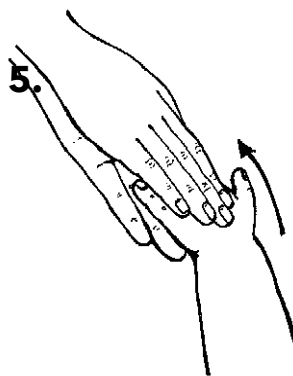
3. Hug and Glide
(Squeeze and twist)



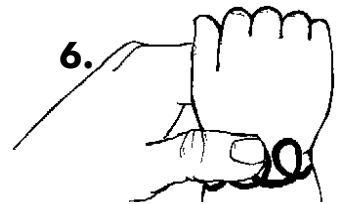
4. Palm Stroke and Finger Roll



5. Top of Hand



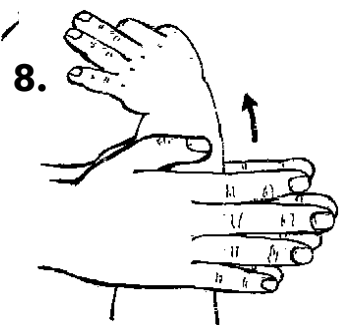
6. Wrist Circles



7. Swedish Milking



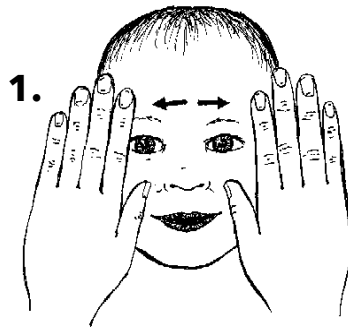
8. Rolling



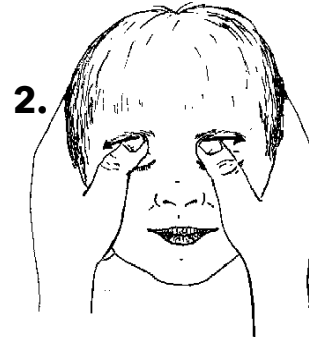
9. Integration

Face

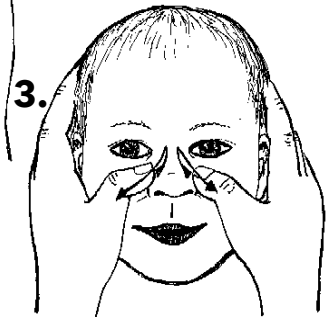
1. Open book



2. On Top of Eyebrows



3. Towards bridge of nose, under cheek bone



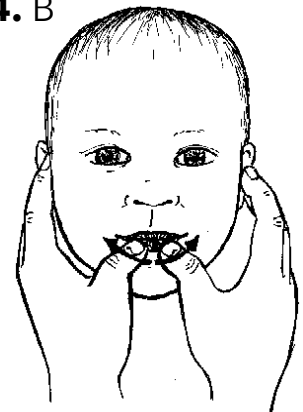
4. A

- 4-A Smile above upper lip



- 4-B Smile below lower lip

4. B



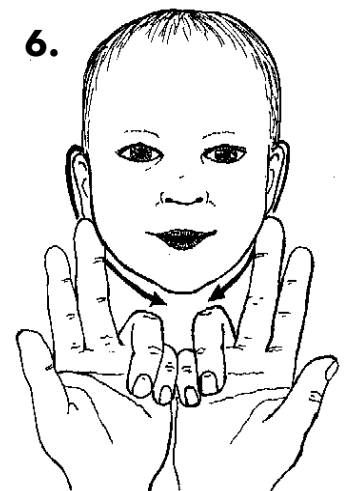
5. Jaw Circles

5.



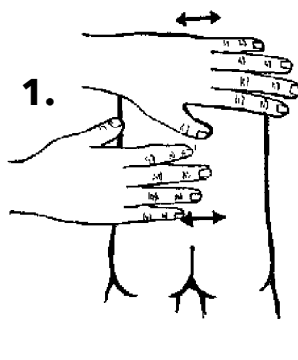
6. Behind ears, stroke up under chin

6.

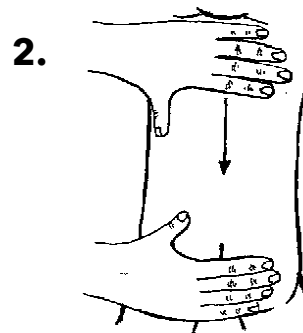


Back

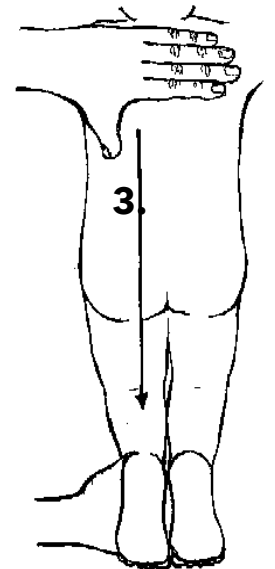
1. Back and Forth



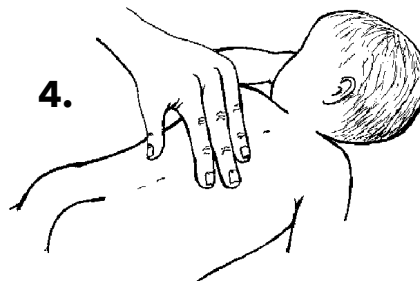
2. Sweeping from neck to buttocks



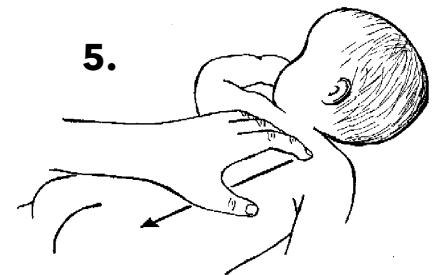
3. Sweeping from neck to feet



4. Back Circles



5. Combing



THANK YOU, BABY!

Gentle Movements

These movements are simple exercises that gently stretch baby's arms and legs, massage the stomach and pelvis, and align the spine.

They are like yoga poses adapted for a baby. Be very gentle and have fun with this routine, incorporating rhymes and games. After the baby begins to walk, these exercises will be unnecessary, as there will be plenty of stretching and exercises in day-to-day life for the baby.

Cross Arms

Cross your baby's arms at the chest three times, alternating which arm is over and under. Then gently stretch the arms out to the sides. The rhythm is: *cross-cross-cross open*. Repeat.

Cross Arms and Legs

Hold one arm at the wrist and the opposite leg at the ankle. Gently bring the arm down to the ribcage and the foot up toward the shoulder (allow the knee to bend), crossing the leg and arm so that the arm goes to the outside of the leg, and cross again so the arm is under the leg, then cross once more with the arm over the leg. Now stretch them out in opposite directions. The rhythm is: *cross-cross-cross open*. Repeat with the opposite arm and leg.

Cross Legs

Cross the legs over the tummy three times, alternating which leg is over and under. Then gently stretch the legs out straight, toward you. The rhythm is: *cross-cross-cross straighten*. Repeat.

Up and Down

Push the knees together up into the tummy, then stretch them out straight. If the baby resists straightening the legs, bounce them gently and encourage baby to relax. Repeat several times.

Bicycle

Gently push the knees into the tummy, one after the other, then bounce them out straight to relax. The rhythm is: *push right-push left-push right straighten*, alternating the leg you started with each time.

Suggestions for the Older Child

Always remember to ask permission.

Active Crawler

- Keep in mind the behavioral states and consider the best time (quiet alert).
- Remember that it is normal for a crawler to move around a lot.
- Massage the body part that the child likes best.
- Use songs or rhymes.
- Adapt the massage to accommodate the child's position.
- Have the child sit up in your lap so the child can see what is going on.
- Massage should be playful and fun.
- Use soft toys and cloth books to keep them occupied during massage.
- Try massaging in the bath tub.

Toddler

- Use relaxing strokes before the child goes to sleep.
- Change the name 'infant massage' to 'big girl/big boy massage'.
- Be aware that the child may reject certain areas.
- Use songs, rhymes, and games during massage time.
- Let the child choose what area is to be massaged.
- Change your way of asking permission by offering a choice.

Pre-school

- Tell stories and engage their imagination.
- Sing songs or use rhymes.
- The child may want to keep underwear on during massage.
- Let the child choose what area is to be massaged.

School-age

- Use massage stories during massage.
- Let the child tell a story while you do the massage.
- The stroke may need to be adjusted for longer arms and legs.
- The child may want to keep their clothes on.

Teenage

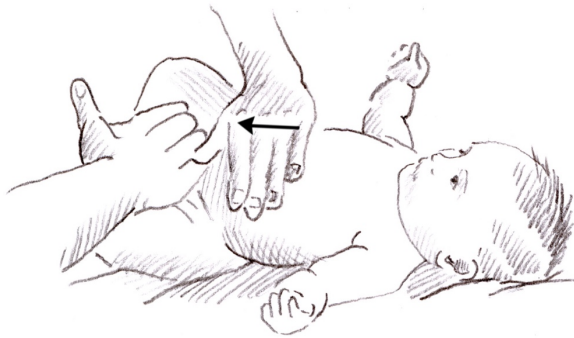
- Respect modesty.
- Essential oils can be used.
- Let the teenager choose the music to be played during massage.
- The teen can listen to their own music during massage.
- Consider hand/foot massage or massage of shoulders while watching TV.

Massage for the Relief of Colic/Gas

This massage routine can be used when problems like tummy pain, gas, constipation, or colic occur. Repeat this series of strokes three times, 2-3 times a day, for at least 2 weeks. This takes about 5-10 minutes. Some alternate techniques, which can also help are: Resting Hands, Touch Relaxation, and Containment Holds.

1. Resting Hands

Begin by taking a few deep breaths to relax, rest your hands on baby's tummy.



2. Water Wheel

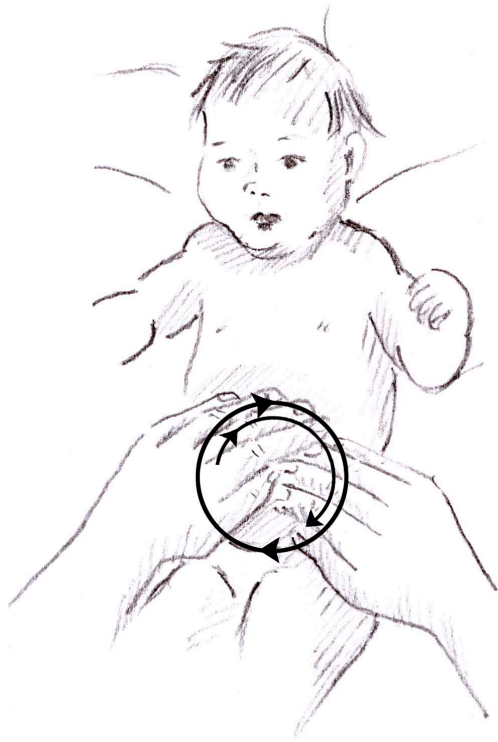
Do six times with each hand.

Stroke with alternating hands from rib case to legs.

3. Knees Up

Knees together and push them gently into tummy. Hold for a slow count of 6.

Use Touch Relaxation, gently bouncing legs.



4. Sun and Moon

Do six times.

One hand draws a clockwise full circle. The other draws a partial clockwise circle (from approx 10 to 5 on a clock).

5. Knees Up

Knees together and push them gently into tummy. Hold for a slow count of 6. Use Touch Relaxation, gently bouncing legs.

For additional information refer to the chapter on colic in Vimala McClure's book, *Infant Massage, a Handbook for Loving Parents*.

*** This page may be photocopied for class handouts***

