



A FATHER IS FOR LIFE

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TAKING CARE OF ONE'S CHILD ALSO MEANS TOUCHING, CARESSING, **MASSAGING**

A child who receives
a massage from his father
learns to trust him, and his
emotional needs are met.



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AU SEIN DES FAMILLES



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1, 2, 3... ACTION!

INGREDIENTS FOR A SUCCESSFUL MASSAGE

- A time when the child is receptive: before naptime, after the bath, or before feeding;
- A quiet and warm room;
- A soft blanket or towel under the child;
- A cushion for dad to sit on;
- Relaxing music;
- Unscented sweet almond or massage oil.

- Did you know that your child is never too young or too old for a massage? You can give a massage to an 8-week-old baby or to an 8-year-old child. Both will love the experience.
- Massage helps comfort, calm, and relax your child. It stimulates digestion and strengthens the child's immune system.
- It's a shared moment of affection. It's also a way for the child to discover her body.



LEGS

Massaging the child's legs strengthens the back and improves flexibility, both essential for when he eventually sits up or stands

1

Make your child do a gentle pedaling motion, to relax the legs and hips.



2

Slide your hand from the child's hip to the foot for a gentle stretch. Then massage the thigh with one hand while holding the ankle with the other. Finish up by massaging the whole leg all the way to the foot, while alternating hands.

MASSAGE **IN 5** STEPS



HANDS

Massaging an infant's hands helps her relax and open her fingers. Soon he will be able to hold objects.

3

Gently open the child's hand. Massage the inside and the back of her hand from wrist to fingertips, with your thumbs and index fingers.



4

Gently stretch each of her fingers between your thumb and index finger. Repeat each movement 3 or 4 times. Wipe the child's hands clean once the massage is over.



BACK

Massaging the child's back improves posture and balance, and relaxes the stomach.

5

Once the child can bear his weight with his hands, massage his back by sweeping from the shoulders to the lower back.

ADVICE FROM THE PROS

TO LEARN MORE

FATHERING- TIPS TO TAKE CARE

The aim of *A Father Is for Life* is to raise fathers' and mothers' awareness of the importance of fathers in the family.

Follow us!

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Comments? Ideas?

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You can give your child a massage from head to toes, or just massage the areas that she seems to like best. Whether five or 50 minutes, the important thing is to focus on relaxation and enjoyment, for both your child and you!

Walker, P. (2011). *Developmental Baby Massage: Therapeutic Touch Techniques for Making Your Baby Stronger, Healthier, and Happier*. Fair Winds Press.

"I rock my daughters and sing songs to them. I think they like that."

"I'm the one who gives a bath to my Lil' Tiger. I have my favourite products. My girlfriend would do it differently... But she's doing something else during that time. It's father-and-son alone time."

"Since arriving in Canada with my family, I'm the one who brushes my daughter's hair almost every morning."



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