

This Massage Can Help:

- ▶ Promote a healthy parent-baby relationship
- ▶ Increase parent confidence levels
- ▶ Improve baby's sleeping, feeding habits, communication skills, and sensory awareness
- ▶ Reduce hospital stays for preemies

Preemies



This massage intervention was originally developed for premature infants in the NICU known as ATVV.

The intervention helps NICU infants feed better and reduce hospital stays. If you have a premature infant, talk with your healthcare provider to see if your baby would benefit from this technique.

For more help, watch our instructional video online at www.Pathways.org.

Please visit www.Pathways.org to find more FREE resources on child development.

Massage+ 30, 10, 5 is an intervention known as ATVV (Auditory, Tactile, Visual, Vestibular) among healthcare providers.

- Auditory - talking
- Tactile - stroking or massaging
- Visual - making eye contact
- Vestibular - rocking



The intervention is based on 40+ years of research with funding from the National Institutes of Health (NIH). Research was conducted by Rosemary White-Traut, PhD, RN, FAAN, a member of the Pathways.org Medical Roundtable.

An Introduction to Massage+ 30, 10, 5



FREE tools to maximize child development

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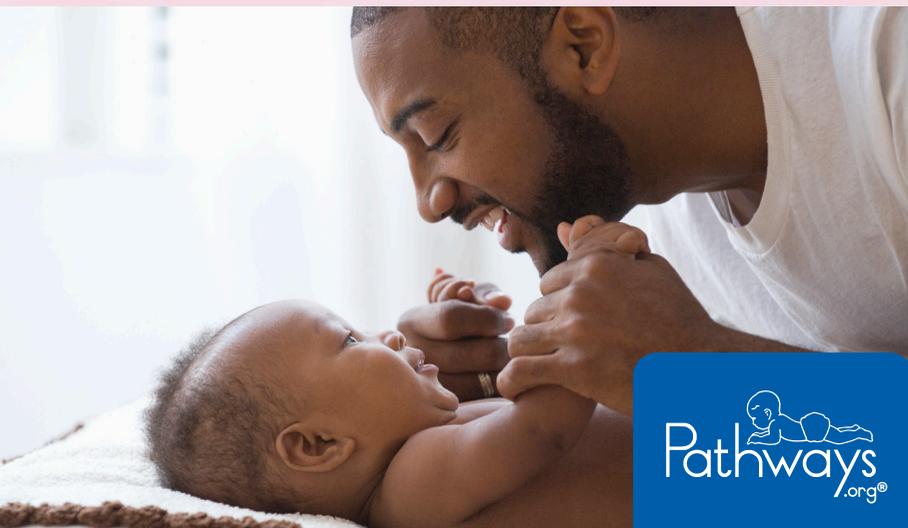


Download the Pathways.org Baby Milestones App!



What is Massage+ 30, 10, 5?

- ▶ 30 seconds - talk to baby
- ▶ 10 minutes - while talking and looking at baby, massage baby's head, chest/belly, arms, legs, and back
- ▶ 5 minutes - rock baby and continue to talk and look at baby



A simple 15-minute intervention used to improve infant development. This technique involves gently talking to, massaging, and rocking baby.

Possible Disengagement Cues:

- Crying
- Whining
- Fussing
- Spitting up
- Hiccups
- Places hand out to stop
- Frowning
- Refuses eye contact
- Struggling movements
- Sticking out tongue

How to Apply Massage+ 30, 10, 5:

By doing Massage+ 30, 10, 5, you are getting to know your baby better.

Instructions

- Allow enough time so you are not rushed
- Create a dimly lit, quiet room
- Do the massage at the same time each day
- Give baby 100% of your attention
- Talk and look at baby while massaging and rocking
- Repeat the steps of the massage that baby liked until you have completed a full 10 minutes
- Then proceed to swaddling and rocking for 5 minutes

Infant Directed Talk

Before starting the massage, for 30 seconds talk softly, raise the pitch of your voice, and say a couple words, then wait for baby to respond, then talk again.



Head Massage

Gentle/moderate strokes with your entire hand from forehead to back of head to neck. 6 to 10 times



Chest/Belly Massage

Long smooth strokes from shoulder to diaper 6 times. Then massage straight down over chest and belly button (or around the belly button for new babies) to diaper. 6 times



Please note: If baby shows signs of disengagement during the massage, return to massaging areas baby prefers.

Arm Massage

Gentle/moderate strokes from shoulder to wrist, hands and fingers. 6 times each arm



Leg Massage

Gentle/moderate strokes from hip to ankle and feet. Try to cover as much of the leg as you can. 6 times each leg



Back Massage

Two fingers to stroke straight down each side of the back alternating sides 6 times. Finish with a circular motion over the spine. 6 times



Rocking

Wrap/swaddle baby in a blanket and gently rock side to side. If baby doesn't like that try up and down. Full term babies often like up and down rocking. 5 minutes



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