

# MASSAGING YOUR EXTREMELY PRETERM INFANT

## WHAT IS INFANT MASSAGE?



This is a way you can interact with your baby while they are in the hospital. This massage technique consists of talking to your baby; stroking your baby's head, arms, legs, and trunk; making eye contact with the baby; and rocking your baby.<sup>1</sup> Your baby's PT can show you how to do this.

## WHAT ARE THE BENEFITS?

Infant massage can help decrease stress and depression in parents. It can make you feel more connected to your baby.<sup>2-5</sup>

Massage can help your baby with weight gain, feeding, and can help decrease pain.<sup>6-7</sup> It can also help decrease time spent in the hospital.<sup>7</sup> As your baby grows up, massage can improve development and behavior.<sup>6</sup>

## WHAT ARE THE RISKS?



There are few risks with infant massage. Research shows that it is safe once your baby can control their own temperature.<sup>8</sup>

Your baby's therapist or nurse can help you watch your baby's vital signs to make sure your baby is safe.

## HOW OFTEN CAN I MASSAGE?

Massage takes about 15 minutes to complete. You can perform infant massage as often you would like when you are visiting your baby. Check with your baby's nurse to determine the best times for massage.



## REFERENCES

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