MASSAGE+ 30, 10, 5 - ATVV INTERVENTION FOR PARENTS

A – Auditory – Infant directed talking to baby for 30 seconds before massage
T – Tactile – Moderate stroking or massaging baby for 10 minutes
V – Visual – Making eye-to-eye contact with baby while talking, massaging and rocking
V – Vestibular – Rocking baby for 5 minutes

By doing Massage+ 30, 10, 5, you are learning what baby likes

Engages the baby’s sense of:
- Hearing
- Sight
- Touch
- Motion

Interaction between parent and child can improve:
- Baby’s sleeping and eating habits
- Parent’s confidence levels
- Parent-child intimacy
- Parent-child communication

Instructions:
- Allow enough time so you are not rushed
- Create a dimly lit, quiet room
- Do massage at the same time each day
- Give baby 100% of your attention
- Talk and look at baby while massaging and rocking
- If the 10 minutes are not up, repeat the steps of the massage that the baby liked the best.

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

2. Head massage:
   Moderate touch strokes with your entire hand from forehead to back of head to neck.
   6 to 10 times

3. Arm massage:
   Moderate touch strokes from shoulder to wrist, hands and fingers.
   6 times each arm

4. Leg massage:
   Moderate touch strokes from hip to ankle and feet. Try to cover as much of the leg as you can.
   6 times each leg

5. Chest and Belly:
   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

6. 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

7. Rocking:
   Wrap/swaddle baby in a blanket and rock side to side and if baby doesn’t like that try up and down. Older babies often like up and down rocking.
   5 minutes

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