

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

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

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

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.

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



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.



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



2. Head massage:

Moderate touch strokes with your entire hand from forehead to back of head to neck. 6 to 10 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



3. Arm massage:

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



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



Rosemary White-Traut, PhD, RN, FAAN lead researcher, member of Pathways.org Medical Roundtable

COPY FREELY FOR YOUR PERSONAL USE. DO NOT CHANGE, MUST ACKNOWLEDGE PATHWAYS.ORG

Pathways.org is a 501(c)(3) not-for-profit organization. Permission to cite any part of this work must be obtained from Pathways.org. Materials are provided at no cost; no fees or charges may be associated with any of the Pathways.org materials without prior written approval.

Copyright © 2022 Pathways Foundation

www.Pathways.org • Facebook.com/PathwaysDotOrg • friends@pathways.org