



# Baby Massage For Dummies

*Joanne Bagshaw, Ilene Fox*

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**Baby Massage For Dummies** Joanne Bagshaw, Ilene Fox

Explains massage for preemies, newborns, and toddlers

Soothe your baby and promote well-being the all-natural way

Curious about baby massage? Featuring illustrations and step-by-step instructions, this friendly guide makes it easy to use techniques that can reduce your baby's stress; ease the discomfort of colic, constipation, and teething; and create a strong attachment between the two of you. You'll also find suggestions for making massage part of your everyday routine.

Discover how to:

- \* Ease common ailments
- \* Enhance your bond with your baby
- \* Stimulate growth and development
- \* Comfort a fussy baby
- \* Massage babies with special needs

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