



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**



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