

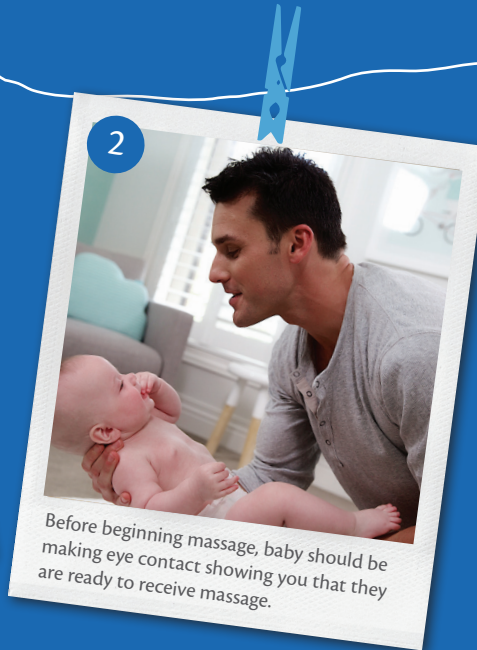


# Dialling up Touch Time:

## How-to massage your baby

QV Skincare have collaborated with Heidi McLoughlin, founder and director of Infant Massage Information Service, to bring you the top tips and techniques on how to best massage your baby.

Baby massage helps form a bond between parent and baby, develop healthy sleep patterns, improve circulation and helps with baby's digestive system function amongst many other benefits for a happy, healthy baby. Massage can last as long as you and your baby are happy to continue with no set time you need to spend, so try not to watch the clock during this time. Most importantly, enjoy this special bonding experience between you and your baby.



### TIP:

If baby puts their hands over yours, they don't want to continue chest massage but are happy for your hands to be there.

If baby's hands move in and out of the body, this indicates they don't want chest massage and it's best to move onto another area of the body.

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For further information about QV Skincare products please visit [www.qvskincare.com.au](http://www.qvskincare.com.au)

For further information on baby massage QV Skincare recommends [www.babymassage.net.au](http://www.babymassage.net.au)



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