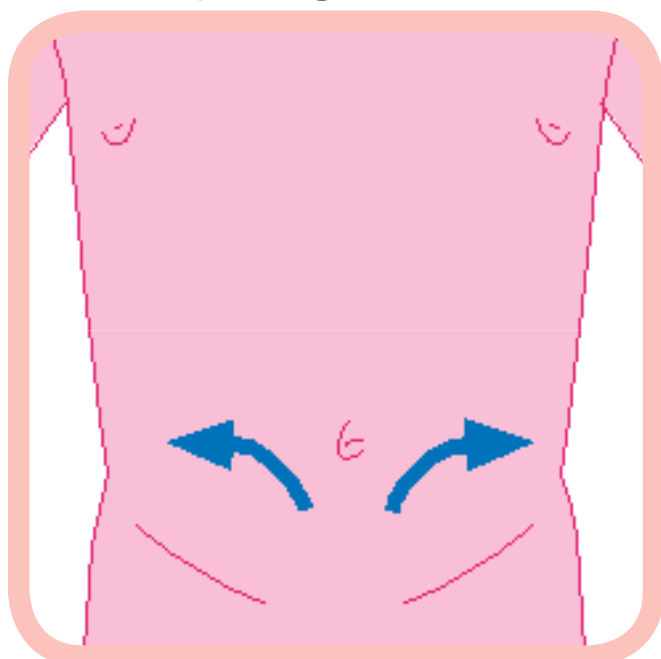
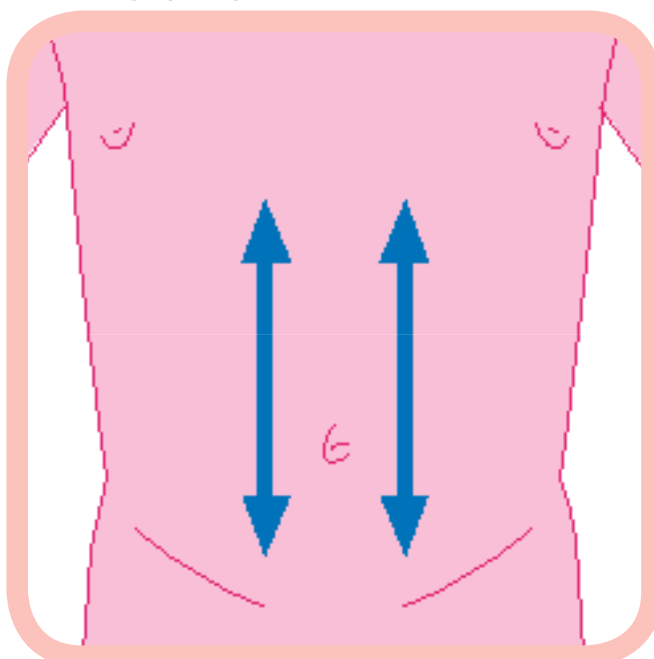


Week 2 - Tummies

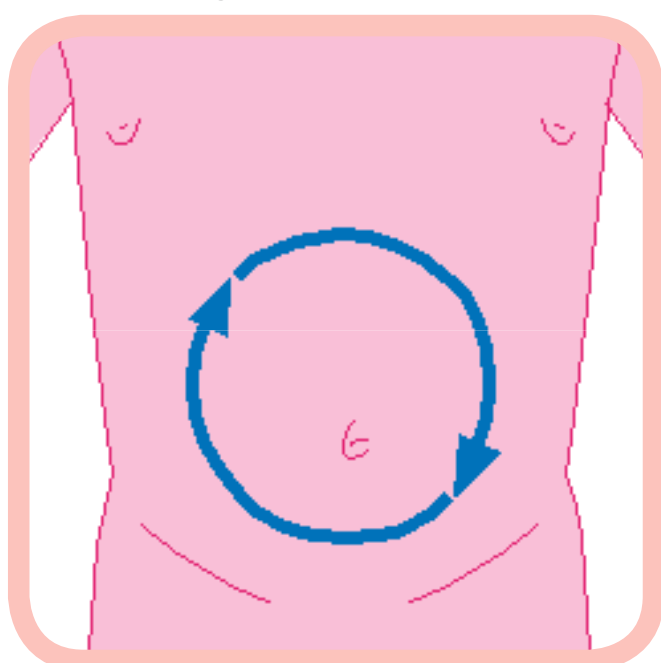
1. tummy snug



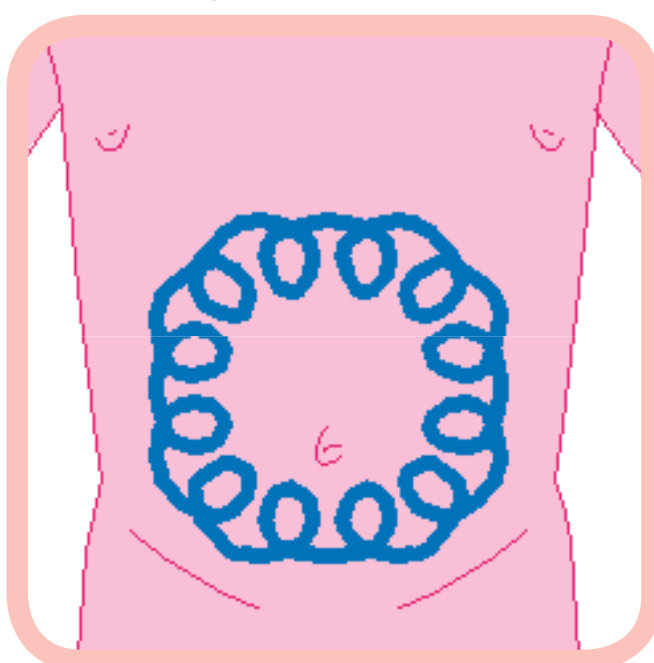
2. roly poly



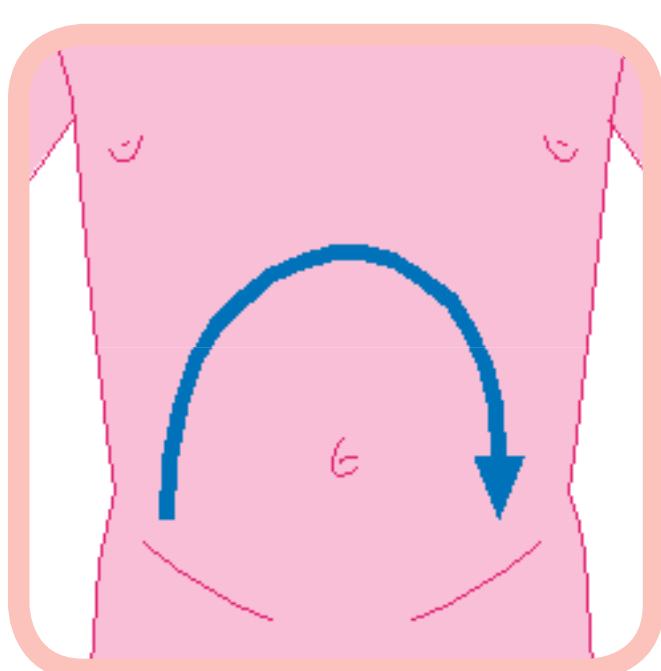
3. tummy time



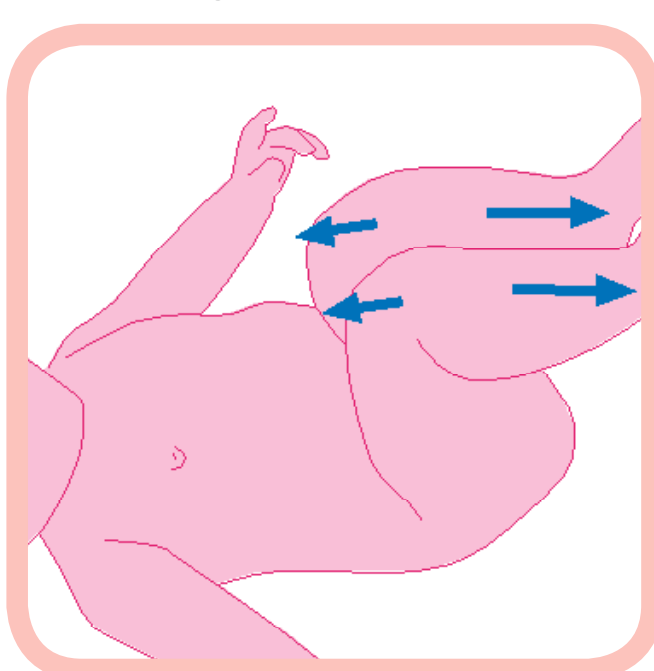
4. flower power



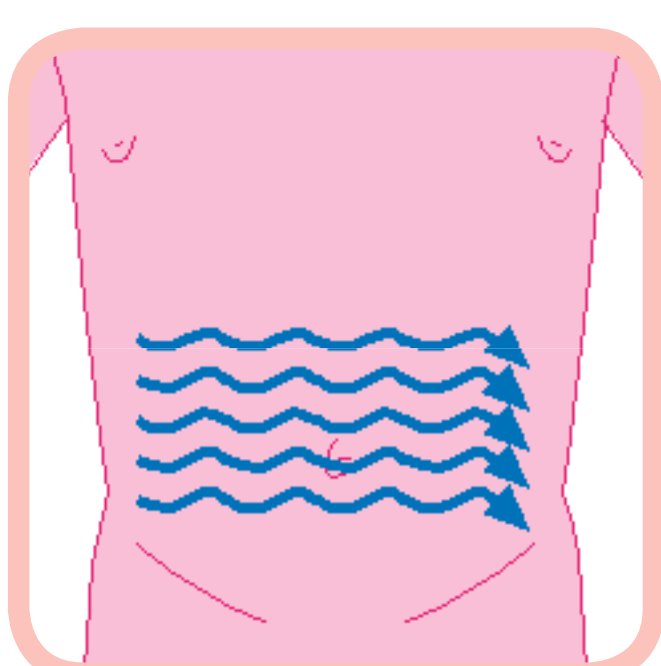
5. rainbow



6. tummy tuck



7. caterpillar walk



Benefits of massaging legs

- Helps stimulate the digestive system
- Helps alleviate trapped wind
- Helps prevent constipation

Remember only massage a baby who wants to be massaged!
Start with the cover of love .
Have lots of eye contact and chat

🎵
Row, row , row
your boat, Gently
down the stream
Merrily, merrily,
merrily, merrily,
Life is but a dream
🎵

Cautions

Start with still touch

ALWAYS work in a clockwise direction!

Make sure strokes are on tummy and do not go up the ribcage
Lighten pressure as you pass over