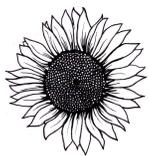


Naturopathic Solutions for Infant Colic & Digestion



Tummy Massage

To prepare: Wrap your baby in a blanket. They can either be naked or in a diaper. Place your bottle of massage oil (I recommend organic castor oil in a glass bottle) in a bowl of warm water. Make sure your room is warm and free of drafts.

The Massage:

1. Begin with gentle stretches. Never force movements. With baby on their back, bring arms up overhead and then back down. Then gently stretch out one arm and the opposite leg. Repeat a few times on each side. Bring baby's knees to chest, and cycle their legs as if they are riding a bike.
2. Apply warmed oil to your hands. Rub your hands together and gently rub the oil on baby's belly, from ribs to legs.
3. Work in sun/moon pattern: with your right hand, make full circles (the sun) starting at baby's lower right and working up, across the top of the belly, down the left side, and across the lower belly. Follow with your left hand in a semi-circle (moon), working up the right side, across the top and down and left side. Always work in clockwise direction.
4. If baby is ready for more, follow the same clockwise direction, making small circles with your finger tips.
5. Repeat sun and moon.
6. To finish the massage, run your fingers up and down along either side of their spine. Use a very gentle pressure.



R hand L hand

Follow your baby's signals. If they are loving it, you can massage as long as you like. If they get fussy, you can stop at any point. Enjoy!

Feeding

When Nursing... Ensure proper latch every time you feed.

Watch for:

1. Asymmetric latch
2. Nose away from breast
3. Chin against breast

When Bottle Feeding... Consider a bottle / nipple with a venting system and controlled flow rate.

Herbs

Herbs such as **chamomile**, **fennel**, and **peppermint** can ease gas, bloating, cramps and colic. They can be made into teas and consumed by nursing moms, added to bath water, or cooled and given to baby (1/2 tsp up to 3 x per day). *Note that fennel may increase breast milk production.*



CENTRE FOR NATURAL MEDICINE

Dr. Rachel VandenBerg, ND, practices naturopathic medicine at Healing Path Centre for Natural Medicine in Uptown Waterloo. Talk to Dr. Rachel about:
colic/digestion * breast milk supply * solid food introduction * boosting your child's immune system * vaccination questions * preventing allergies and asthma * maintaining health