

BABY EXERCISES

These exercises act directly upon the muscles but their main purpose is to act upon the joints.

1. With each of your hands grasp both of your baby's hands or wrists. Fold both arms across the chest at the same time and hold for a count of three. This gives your baby a good stretch in shoulders, upper-mid back and in the arms. Repeat six times.
2. With one hand hold baby's left ankle, with your other hand, hold baby's right wrist and touch baby's right hand to left foot. Then open to original position. Repeat six times. Repeat with other arm and leg six times. This exercise can help to develop right and left brain cross patterning development.
3. Place one hand on baby's shin and other hand on baby's other shin and do the bicycle exercise with your baby. This exercise can help prepare baby for crawling.
4. Place one hand on one ankle and the other hand on the other ankle. Cross baby's ankles. Crossing both legs brings baby maximum flexibility of the joints that link pelvis, sacrum and backbone.

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