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Massage and Touch

An activity guide for under-fives





On 1 Feb 2012, SPARC changed its name to Sport NZ. www.sportnz.org.nz

What is Active Movement/ Koringa Hihiko?

Control Active Movement is just as important for newborns as it is for older children. By helping your child to get active, you help their body to develop, you help them to learn and to feel safe, and you show them they are loved.

The Active Movement series of brochures helps you with ideas for fun activities.

Develop intellectually, emotionally, socially and spiritually, as well as physically

Active Movement

Build the foundations for learning, moving and communicating helps your child to:

Be healthy and happy, confident and feel loved



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Provide the infants learn from touch?

- Touch is an infant's strongest sense and the one he learns the most from.
 - Sensory receptors in the skin send messages to the brain, helping it grow and make new connections.
 - The most sensitive receptors are in the mouth. By putting everything in her mouth, she learns about size, shape and texture.
 - Touch helps him learn how his body fits together, what everything is called, how big it is and how it fits within a space.
- When you touch her bare feet, she learns where her toes are.
- When he chews on his toes, he is learning that the toes belong to him.

What should I do when I massage my child?

When massaging ensure that:

- you have a warm room, warm hands and a warm child
- she is lying on a soft, comfortable surface
- you use raindrop movements down his body to his fingertips and toes
- you roll her over and massage her back
- one hand is always touching your child. Try to make the massage seamless.

What should I do when I massage my child? (continued)

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Massaging techniques

- Stroke down the body and out along the arms (seamlessly).
- Work your thumb down her body in circles.
- Use raindrop movements down his body to his fingertips and toes.
- Use different materials on her skin and talk about the different feelings e.g. this one feels rough, this is prickly, this is smooth.
- Gently squeeze down the body and along the arms and legs (remember her fingers and toes).

What do I need to know before I start?

- Contractivities are for boys and girls.
- Ut is the **order** in which they gain body skills that is important, not **the age** that they gain them.
- Construction: Remember, when children are active, stay around them to **keep them safe.**

Activities for Newborns and Infants He ngohe mā ngā Pēpi

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These activities can also be done with toddlers and young children. Sometimes it's nice to move up the body.

> Massage makes me feel calm and helps me know that I am loved. I learn about my body.



Activities for Toddlers He ngohe mā ngā Tamariki Nohinohi

- Chese activities can also be done with young children.
- Don't forget about feet! Children love feeling different surfaces. Walking with bare feet over sand, autumn leaves and other surfaces is a fun feeling.

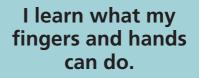




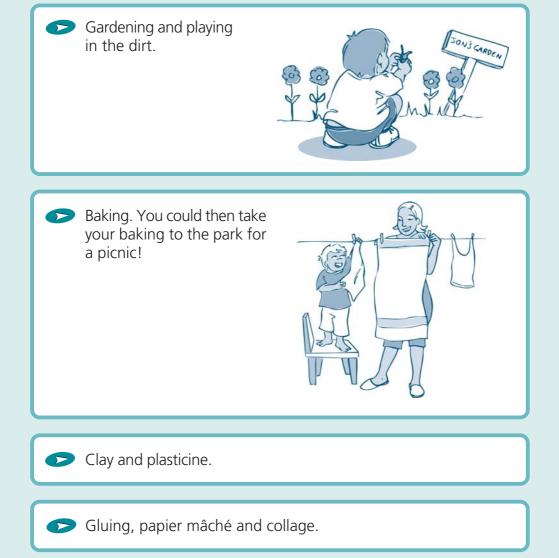
Activities for Young Children He ngohe mā ngā Kōhungahunga

These activities can also be done with toddlers.

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Where do I go for more information?

This brochure is one of a series of 16 Active Movement resources:



Acknowledgements SPARC (Sport and Recreation New Zealand) express their sincere appreciation to the people and organisations who have contributed both directly and indirectly to this Active Movement resource.



Further information can be found on the SPARC website or call 0800 ACTIVE (0800 22 84 83).

www.**sparc**.org.nz

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