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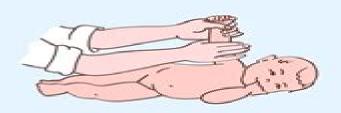
Возраст: от 2-х недель



Время: 1-2 раза в день по 5-7 мин



Без косметики или с небольшим количеством натурального масла или крена



Ладони и руки

Мягко введите палец в сжатую ладошку малыша, сделайте несколько круговых движений, пока он не расслабит кисть.

Подушечками пальцев потрогайте пальчики в области суставов.

Позвольте мальшу схватить ваш большой палец, а остальными поддерживайте его ручку. Свободной рукой сделайте несколько поглаживающих движений от кисти к плечику вверх и вниз.

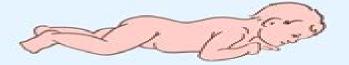
Ноги

Положите голеностопный сустав на ладонь и нягко захватите его пальцами.

Подушечкой большого пальца погладьте стопу круговыми движениями 3-4 раза.

Сделайте несколько поглаживающих движений от голеностопного сустава до бедра вверх и вниз.





Выкладывание на животик

Начинайте с первых дней, как только отпала пупочная клипса.

Если малышу не нравится поза на животике, расположитесь так, чтобы у вас был визуальный контакт с ребенком. Улыбайтесь и подбадривайте его.

Спина

Выполняйте синметричные поглаживающие движения от ягодиц до плечиков вверх/вниз внутренней и тыльной сторонами ладоней.



Mabazh Dlia Grudnichkov

Richard Bailey



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