

# Первый массаж для грудничка

Действенный способ нормализовать мышечный тонус, улучшить пищеварение и наладить телесный контакт.



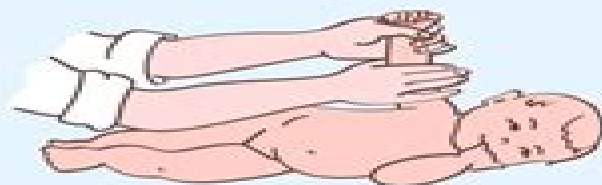
**Возраст:**  
от 2-х недель



**Время:**  
1-2 раза в день  
по 5-7 мин



Без косметики или с небольшим количеством натурального масла или крема



## 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.

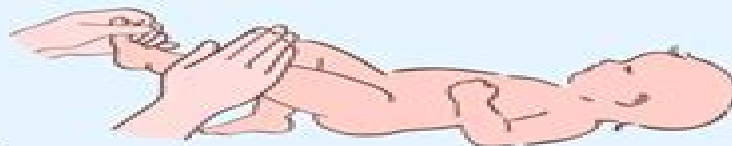
Позвольте малышу схватить ваш большой палец, а остальными поддерживайте его ручку. Свободной рукой сделайте несколько поглаживающих движений от кисти к плечу вверх и вниз.

## Ноги

Положите голеностопный сустав на ладонь и мягко захватите его пальцами.

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

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



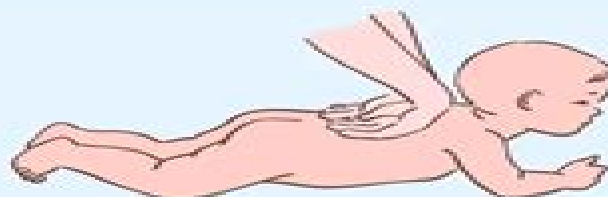
## Выкладывание на животик

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



Mabazh Dlia Grudnichkov

**Thomas Griffiths**



**Mabazh Dlia Grudnichkov:**

## Reviewing **Mabazh Dlia Grudnichkov**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Mabazh Dlia Grudnichkov**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://pinsupreme.com/data/scholarship/Documents/reluctant%20dreamer%20silhouette%20romance%20no%2046.pdf>

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