

Первый массаж для грудничка

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



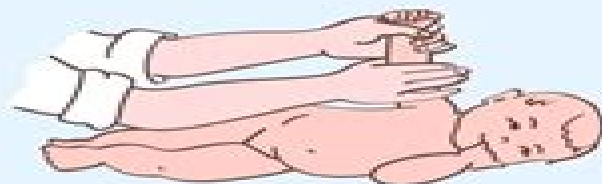
Возраст:
от 2-х недель



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.

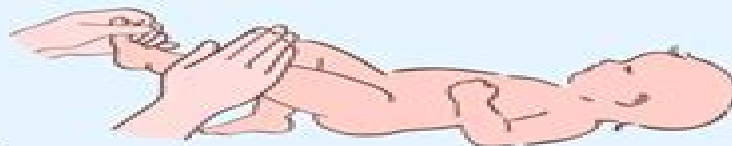
Позвольте малышу схватить ваш большой палец, а остальными поддерживайте его ручку. Свободной рукой сделайте несколько поглаживающих движений от кисти к плечу вверх и вниз.

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.



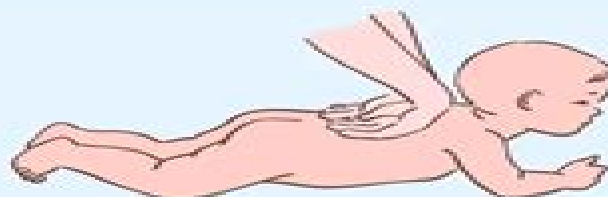
Выкладывание на животик

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

LM Reder



Mabazh Dlia Grudnichkov:

The Enigmatic Realm of **Mabazh Dlia Grudnichkov**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Mabazh Dlia Grudnichkov** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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