

# Первый массаж для грудничка

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



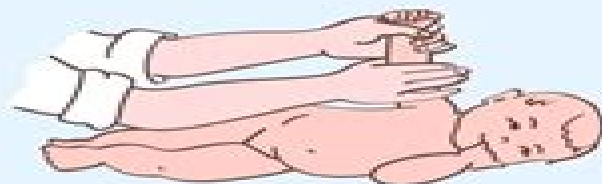
**Возраст:**  
от 2-х недель



**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.

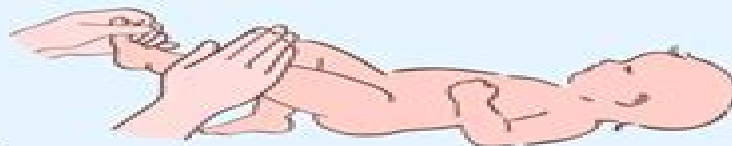
Позвольте малышу схватить ваш большой палец, а остальными поддерживайте его ручку. Свободной рукой сделайте несколько поглаживающих движений от кисти к плечу вверх и вниз.

## 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.



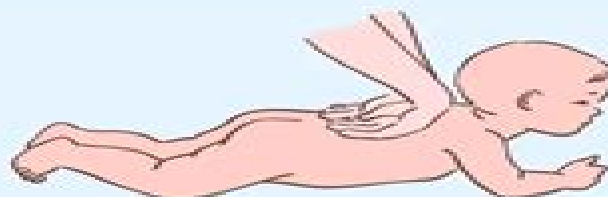
## Выкладывание на животик

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

**EW Minium**



**Mabazh Dlia Grudnichkov:**

## Unveiling the Magic of Words: A Report on "**Mabazh Dlia Grudnichkov**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Mabazh Dlia Grudnichkov**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

<https://pinsupreme.com/results/scholarship/index.jsp/panique%20ala%20maisonblanche.pdf>

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