

Первый массаж для грудничка

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



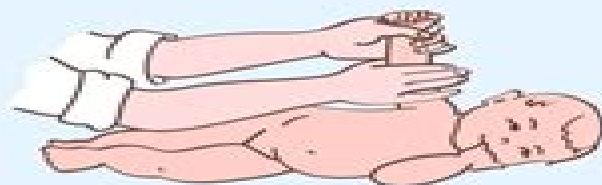
Возраст:
от 2-х недель



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.

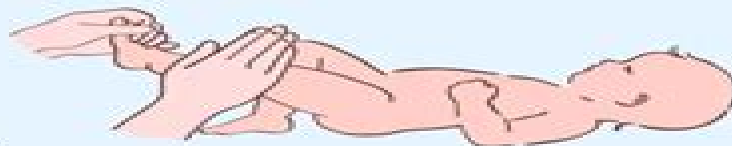
Позвольте малышу схватить ваш большой палец, а остальными поддерживайте его ручку. Свободной рукой сделайте несколько поглаживающих движений от кисти к плечу вверх и вниз.

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.



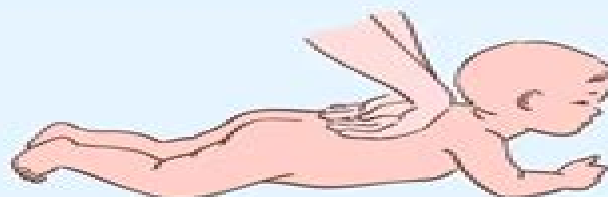
Выкладывание на животик

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

RJ Shavelson



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Table of Contents Mabazh Dlia Grudnichkov

1. Understanding the eBook Mabazh Dlia Grudnichkov
 - The Rise of Digital Reading Mabazh Dlia Grudnichkov
 - Advantages of eBooks Over Traditional Books
2. Identifying Mabazh Dlia Grudnichkov
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mabazh Dlia Grudnichkov
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mabazh Dlia Grudnichkov
 - Personalized Recommendations
 - Mabazh Dlia Grudnichkov User Reviews and Ratings
 - Mabazh Dlia Grudnichkov and Bestseller Lists
5. Accessing Mabazh Dlia Grudnichkov Free and Paid eBooks
 - Mabazh Dlia Grudnichkov Public Domain eBooks
 - Mabazh Dlia Grudnichkov eBook Subscription Services
 - Mabazh Dlia Grudnichkov Budget-Friendly Options
6. Navigating Mabazh Dlia Grudnichkov eBook Formats

- ePub, PDF, MOBI, and More
- Mabazh Dlia Grudnichkov Compatibility with Devices
- Mabazh Dlia Grudnichkov Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mabazh Dlia Grudnichkov
 - Highlighting and Note-Taking Mabazh Dlia Grudnichkov
 - Interactive Elements Mabazh Dlia Grudnichkov
- 8. Staying Engaged with Mabazh Dlia Grudnichkov
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mabazh Dlia Grudnichkov
- 9. Balancing eBooks and Physical Books Mabazh Dlia Grudnichkov
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mabazh Dlia Grudnichkov
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Mabazh Dlia Grudnichkov
 - Setting Reading Goals Mabazh Dlia Grudnichkov
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mabazh Dlia Grudnichkov
 - Fact-Checking eBook Content of Mabazh Dlia Grudnichkov
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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