Revealing the evidence behind

the magic of touch

Massage and touch can be a real comfort for you as a mother-to-be, your baby and your partner. Many clinical studies have also confirmed the health benefits too, which are summarised below:

Pregnancy and massage

- Pain relief for mothers-to-be (particularly in the legs and back) and a better night's sleep
- Less stress and anxiety for mothers-to-be (and their partners, if involved)
- Fewer pre-term babies and low birth weights

Labour and massage

- Less pain, stress and anxiety during labour
- A shorter labour
- A shorter hospital stay (for hospital births)
- Fewer medical interventions during labour

Newborn and skin-to-skin contact

- Early skin-to-skin contact between mothers and newborn babies helps keep baby warm
- Early skin-to-skin contact increases successful breast feeding
- Babies who have skin-to-skin contact, sleep more restfully and cry less
- Where immediate skin-to-skin contact between mother and baby isn't possible (like after a Caesarean) substituting the partner for the mother also helps with pre-feeding behaviour and temperature regulation
- Babies who have skin-to-skin contact with their mother's partner cry less, develop better pre-feeding behaviour and keep a stable body temperature

Baby massage

- Baby massage can help form a strong relationship between parent and baby and could reduce stress and anxiety for babies and the people massaging them
- Pre-term babies gain weight faster when massaged and could have accelerated brain and visual development

Visit www.johnsonsbaby.co.uk for advice, tips and techniques on baby massage.

Your midwife has access to full references for this leaflet, in the booklet *'Revealing the evidence behind the magic of touch'*.

Johnson's baby

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