

TEETHING RELIEF MASSAGE

Teething Massage

Starting on your baby's jaw line (outer chin) With broad circles gently massage up the cheeks towards the ears- massage back down. Repeat this action 5-7x



Instructor Tip!

It is helpful to perform this particular technique with cold hands! If your baby is teething this will help bring down inflammation.

Your baby may find this a bit uncomfortable - this is normal as the areas most likely already in pain!