

GAIA Baby Massage

Penny Douglas, Baby Massage Consultant @ South Coast Baby Massage for GAIA Natural Baby

<https://www.gaiaskinnaturals.com/product/baby-massage-oil/>

How Baby Massage can help the impact of Covid isolation on new parents and their babies

In a perfect Covid-free world, many of our parenting experiences would be very different. As we struggle to deal with the challenges of Covid isolation, it can take its toll on our mental health, and many new parents are finding the experience of navigating parenthood to be very difficult. Mothers in particular are reporting feelings of inadequacy, as though they are not being the 'perfect' mother they should be.

Perception vs. Reality

Social media is not always helpful! It often portrays a blissful image of the new mother, usually a gorgeous and put-together young woman, beautifully dressed, with a peaceful sleeping infant dozing away beside her as she relaxes in her clean and tidy home. In reality, the picture quite often looks a little (or a lot!) different.

It's reported that 1 in 5 mothers struggle with their newborn baby. Many are tired and anxious, and their baby may cry for long periods of time leaving them feeling helpless. Some mothers will be diagnosed with post-natal depression or anxiety, others will simply struggle coping with the lack of sleep that comes with young infants.

The good news is that as babies grow and develop, life settles down and a light shines at the end of the tunnel! In the meantime, there are plenty of support options available in the community to provide you with assistance, as well as some easy and useful things you can do yourself.



Asking for Help

It is important to remember that if the 'baby blues' last for more than a couple of weeks, we should not be afraid to ask for help. Every new mother who has experienced feelings of desperation or depression, will speak to the importance and benefit of reaching out for support. Your GP is a great place to start and can refer you to local services to assist you.

Both www.panda.org.au and www.beyondblue.org.au have a range of helpful tips listed on their websites, and there are phone and zoom counselling sessions available. They also offer suggestions for ways that your family and friends can help to support you, even from a distance. Help is out there!

Utilising Baby Massage

Baby massage is an excellent way to help you to bond with your baby and to help both of you relax. Massaging infants allows both parents to feel closer to their children. Touch is the first language we speak, and babies who are regularly massaged benefit from a close connection with their parents.

Baby massage results in more relaxed babies, who ultimately learn to settle more easily and enjoy a deeper sleep as a result.

Research shows that parents also benefit from massaging their babies, helping them form a deeper connection as they gaze into their little one's eyes and spend time smiling and talking to them. Parents begin to learn their baby's body language, and to notice the first signs of communication, such as tiredness, hunger, and even cries for dirty nappies! The quicker parents can pick up their baby's cues, the more confident they become in caring for their babies and responding to their needs. It is a win-win for everyone!

If you would like to learn about baby massage then watch the video [here](#)
If you would like more information on the benefits of baby massage, head to gaiaskinnaturals.com

Panda.org.au 1300 726 306 - Beyond Blue 1300 224 636

