



SOOTH & SETTLE GENTLE MASSAGE STROKES FOR CONGESTION & TEETHING



SIMPLE IDEAS FOR WHEN THEY DON'T
SEEM THEMSELVES

WELCOME

On those days where your baby just doesn't seem quite themselves...

- a bit snuffly
- a bit unsettled
- chewing on everything
- sleep feeling a bit all over the place

and you're trying to figure out what might help.

It can feel hard when you know something's not quite right... but you can't always tell exactly what they need.

Sometimes it's congestion...

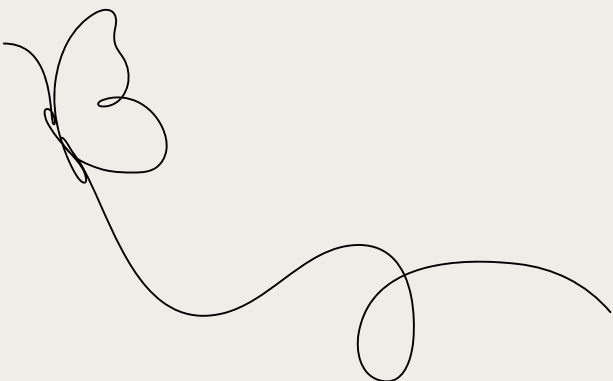
Sometimes it's teething....

Sometimes it's a bit of both.

This little guide is here to share just a few small, gentle ways you can support your baby and help them feel a little more comfortable.

With love,

Amanda
XX



FACE MASSAGES

Massaging your baby's face can feel really lovely for them... and it can also be helpful when they're teething or a bit snuffly.

You only need the tiniest bit of oil on your fingertips. Just enough so your fingers move gently over the skin without slipping too much. It helps to choose a simple, 100% organic vegetable oil, and keeping it minimal means it's less likely to go near their eyes, nose or mouth.

When you first start, you might notice your baby turning their head or rooting, like they're looking for a feed. That's really common. The feeling on their cheek can remind them of feeding, so they're just responding in the way they know how. Some babies can get a bit frustrated with that, so it's okay to pause and come back to it later.

Lots of babies enjoy facial massage... it can be very calming. But some find it a bit much at first, especially because our fingers feel quite big on their little face, and it can interrupt that eye contact they're used to.

It can help to keep it simple. Just one or two gentle strokes to start with, watching how your baby responds. You can build it up slowly as they get more comfortable.

And don't be surprised if they turn their head or try to follow your fingers... they're just curious and figuring out what's going on



CONGESTION

When your baby is congested, they might sound a bit snuffly...
or seem less settled than usual.

Their nose may feel blocked, which can make feeding, sleeping, and
settling a little harder for them.

Because they're so little, even a small amount of congestion can feel
like a lot.

You might notice they want to be held more...
or just seem a bit uncomfortable in themselves.

These gentle strokes can help support relaxation and comfort...
and can be a simple way to stay close and responsive while they're
not feeling their best.



STROKES FOR CONGESTION OPEN BROW

Start by placing your thumbs in the centre of your baby's forehead. You're gently making a soft triangle shape with your hands... just light contact.

From there, slowly glide your thumbs outwards across the brow towards the temples. Keep the pressure very gentle, especially around the temple area... think soft and slow.

You can repeat this a few times, following your baby's cues.

Then, using your first fingers, place them at the start of the eyebrows near the bridge of the nose. Gently stroke along the eyebrows and outwards... again, light and slow.

Repeat a few times if your baby seems comfortable.



HOW THIS HELPS

This stroke works over the sinus areas in the forehead. When your baby is congested, those spaces can feel a bit full or pressured, even if it's only mild.

The gentle gliding movement can support a sense of release through that area and encourage a little bit of natural drainage. It also helps the muscles in the face soften, which can make your baby feel more comfortable overall.

At the same time, the slow, repetitive touch supports the parasympathetic nervous system... the part of the body that helps with rest and settling. So even if the congestion is still there, your baby may feel calmer and easier to soothe.

Some babies really enjoy this one... others might need a little time to get used to face strokes.

Just go gently, watch their response, and pause if they need a break



STROKES FOR CONGESTION CLEAR NOSE

Start by placing your first fingers on either side of your baby's nose, right at the base of the nostrils.

Gently glide your fingers up the sides of the nose towards the bridge... moving slowly and keeping your touch light. When you reach the area near the inner corners of the eyes, pause briefly, then glide your fingers back down the sides of the nose.

From there, continue the movement outwards... following along the cheekbones and across the face towards the ears.

You can then gently move your fingers up and over the ears, under the chin, and softly down towards the throat.

Keep everything slow and gentle, repeating a few times if your baby seems comfortable.



HOW THIS HELPS

This stroke follows the natural pathways of the sinuses and lymphatic system. The lymphatic system is part of the body that helps move fluid and waste... including mucus... away from areas where it can build up.

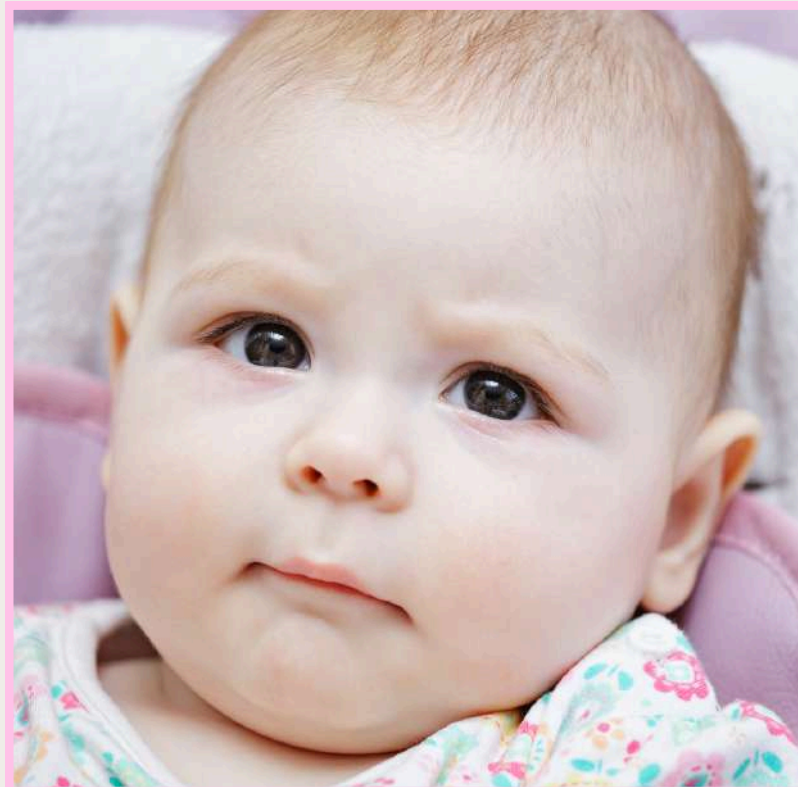
By gently guiding your touch from the nose outwards and down, you're supporting that natural movement. This can help ease that "blocked" feeling a little and make things more comfortable for your baby.

Because babies have very small, narrow nasal passages, even a tiny amount of congestion can feel like a lot to them. Supporting gentle drainage, alongside helping their body relax, can make feeding, sleeping, and settling feel a bit easier.

And as always... watch your baby as you go.

If they lean into it, you can continue.

If they turn away or seem unsure, you can stop and come back to it later



STROKES FOR TEETHING HAPPY SMILES

This is a lovely one to try if your baby is starting to show signs of teething... especially when they're a bit unsettled or chewing on everything.

Start by placing your first fingers along your baby's top lip, pointing towards each other.

Gently move your fingers in opposite directions, gliding along the top lip and following the line of the gums underneath. Keep the movement slow and steady.

Then repeat the same on the bottom lip... again tracing along the shape of the gums.

You can repeat this a few times, watching how your baby responds.



HOW THIS HELPS

This stroke works by applying gentle pressure through the lips onto the gums underneath.

When babies are teething, their gums can feel sore and uncomfortable. That steady pressure can help ease some of that discomfort... and this is where something called the gate control theory of pain comes in.

In simple terms, the body has “gates” in the nervous system that control how much pain signal gets through to the brain. When you add pressure or touch, like with this stroke, it sends different sensory signals along the nerves. These signals can help “close the gate” a little, so fewer pain messages get through.

That’s why rubbing or pressing an area when it hurts can make it feel better... and it’s the same idea here with your baby’s gums.

Some babies will really lean into this one, especially if their gums are bothering them. Others might prefer a lighter touch, so just follow what feels right for them.

Alongside that, the slow, repetitive movement can help your baby settle and feel calmer in their body too.

And as always... let your baby guide you.

If they seem to enjoy it, you can continue.

If they turn away or get frustrated, you can stop and come back to it later



STROKES FOR TEETHING JAW CIRCLES

Start by placing your fingers gently along your baby's jawline... just in front of the ears where the jaw hinges. You might notice a little dip there... that's a helpful guide for where to place your fingers.

From here, use small, slow movements... either soft circles or gentle glides along the jaw towards the chin. Keep your touch light to begin with, and you can build slightly if your baby seems to enjoy it.

You can repeat this a few times, always watching how your baby responds.



HOW THIS HELPS

This area is where the masseter muscle sits... that's the main muscle we use for chewing. When babies are teething, this muscle can feel tight or overworked, especially if they're chewing on their hands or toys a lot.

Gentle massage here can help soften that tension and ease some of the discomfort in the jaw and gums.

It can also support relaxation more generally. When the jaw softens, the body often follows... which can help your baby feel a bit more settled.

There's a bit of a crossover here for us as adults too. If you've ever noticed yourself clenching your jaw or grinding your teeth, this is the same area. I grind my teeth myself, and this kind of gentle pressure and movement can really help release that tight, achy feeling.

And just like with all face strokes... go gently, follow your baby's lead, and stop if they've had enough



BEFORE YOU GO..

I hope these little strokes feel helpful for you and your baby... whether you use them every day or just in those moments when they're needed most.

You don't need to do them all....Even one small moment of calm, connection or comfort can make a difference.

If you'd like a bit more support with this, my baby massage classes are a calm, baby-led space where you'll learn these strokes gently, at your own pace... with time to pause, feed, settle and just be with your baby.

And if you'd like more simple, everyday ideas like this, you can come and follow along on my socials.

You don't have to figure it all out on your own

Ready to feel a bit more confident with your baby? Come and join us.

**Instagram- @tiny_hands_babymassage_
Facebook- Tiny Hands Baby Massage**



Tiny Hands Big Adventures Baby Massage