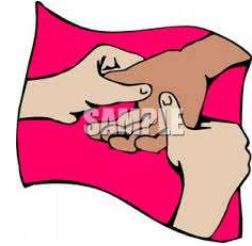


## Hand Massage

A hand massage is especially relaxing and very easy to do with both the Child and the adult benefiting from this positive touch.

### Equipment needed

Towel, a bowl of soapy water, cream or lotion (ensure your child is not allergic to these)



**NB. Remove all rings and ensure no sharp nails**

### Method

Find a comfortable place for you both to sit facing each other if possible, across a table is ideal but it can be done side by side.

Begin by washing hands in the soapy water (this is an extra precaution for these times) and dry thoroughly.

Lay child's hands on towel and massage cream into their hands.

Place child's hands palm down and using your thumb make small circular movements in the following sequence, one hand at a time.

- Start with the little finger and work towards the knuckle
- Carry on through all fingers finishing on the thumb
- Gently work down the web of the hand in small circular movements
- Massage the wrist using larger circular movements
- Turn hand over and repeat the sequence beginning with the little finger
- Small circular movement over the palms- gentle around the thumb joint
- Use bigger circles to massage the wrist
- Gently pull each finger in turn
- Clasp your hand with child and gently squeeze
- Use your whole hand to massage child's hand using a gentle wringing ,squeezing motion
- Use your fingers to gently stroke back of hand from wrist to fingers

Wrap hand in towel and repeat sequence with other hand.

**At all times watch your child's face for any indication of pain, if so stop.**

