

Flexibility in your Postpartum Sessions Including Baby



an online resource
created to accompany

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Chapter 6, page 202





Flexibility in your Postpartum Sessions Including Baby

Offer flexibility in your postpartum sessions for clients to be with their babies if they so choose. Some clients may not be able to imagine how to care for their babies and receive a massage at the same time, so bring a positive spirit of collaboration and creativity to these sessions.

Family Friendly Office

Consider how you can create a family-friendly office environment with ...

- baby swing or bassinet in your office
- diaper changing area
- seating for family member or friend who comes along to care for the baby as needed
- another private room for feeding baby before and after sessions

Observing Client Body Mechanics

Your client may arrive at her session with the baby in a sling, carrier or car seat with diaper bag in tote which provides an opportunity for you to observe her body mechanics with carrying the baby. Ask if she would like any helpful suggestions to minimize strain and pain from her childcare activities - spontaneously as they arise throughout the session and/or at the end of the session.

Session Flow and Client Positions

As you listen to her goals for the session, also inquire about what she and her baby may need during the session - feeding, diaper changing,



soothing, etc. - and be flexible with the organization and flow of your session. Ask your client's permission to hold and move the baby as needed during the session. If upon arrival, your client wants closeness while ...

- **baby is sleeping** - offer to begin your session in prone or sidelying position first; therefore, if and when the baby wakes later, your client may likely be ready for supine or semi-reclined positions where holding the baby in her arms is an easy option as you complete your session. For prone position, offer to place the baby supine on top of the top sheet between your client's legs. For sidelying position, use the abdominal pregnancy wedge pillow at table's edge and baby's back to assure that baby is secure to move on the table.
- **baby needs to feed** - offer to begin the massage in semi-reclined or sidelying position that are ideal for breastfeeding moms, and continue to use and offer professional draping as she feeds her baby. Semi-reclined position is ideal for bottle feeding. Offer additional pillows under your client's arms to support the feeding without strain or effort.
- **baby is awake and ready for interaction**, offer semi-reclining position with the baby placed on your client's flexed hips and thighs. With your client's permission to hold and move the baby, you may offer prone position with the baby placed supine on top of the top sheet between your client's legs. A ceiling mobile or decoration can be an interesting visual stimulation for the baby, in addition to your eye contact and smiles.
- **baby needs soothing** - skin to skin contact under the top sheet in supine, semi-reclined or side lying position with mother's soothing voice is often all that is needed. Continue the massage changing positions and/or areas of focus as needed. Moving to her feet to



continue the massage is often grounding and you can address other areas of the body through Foot Reflexive Zone Therapy (Figure 4.13).

