



Some reminders for safe and enjoyable baby yoga and massage practice at home.

DO	AVOID
Remember to keep all dynamic movements like swings and drops close to your body and smooth when your baby is young – work kneeling with cushions or over a bed until you are confident that your holds are secure.	Avoid big swings and drops until your baby is 16 weeks old – you can still enjoy the sensations as a micro movement, using your body to support the baby.
Ensure you give your baby adequate head support, by placing your hands carefully for rolling, swinging etc.	Avoid any shaking or jerky movements – let the sensations be smooth and supported.
Remember to check your own posture and balance before commencing yoga – prepare with some deep breathing and use of the mountain pose to check your own alignment.	Avoid activities that strain your back. Bend your legs to lift safely. Support yourself in a comfortable position for massage or yoga sessions.
Move at the pace suited to your baby's mood. Expect this to differ from each day and do not expect to follow the same sequence of activities for every session.	Avoid activities that your baby does not enjoy – never force the pace. Return to an old favourite if he/ she is distressed and re-introduce a new idea when the mood is more receptive.
Remember to incorporate music – either recorded or your own singing - into the yoga sessions.	Avoid doing yoga if you are not in the mood. Regular practice when the moment is right is far more effective than waiting until the baby is screaming with colic and you are a nervous wreck!!!
Try to involve other family members in your sessions from time to time. Make the yoga part of your every day handling of your baby.	Avoid using chemically perfumed oils for baby massage. Look for natural oils like grape seed, sweet almond etc and blend with chamomile or lavender.
Consider getting together with others from the class for your own social yoga sessions.	Avoid trying to lift or swing a slippery baby covered in oil!!
Have fun!!	