



# Baby Shiatsu: Gentle Touch to Help your Baby Thrive

*Karin Kalbantner-Wernicke, Tina Haase, Sabine Stempfle*

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Babies feel intuitively what scientists have needed painstaking research to establish: being touched and caressed is good for you. It makes you clever and cheerful, strengthens the parent-child bond, and lays the foundation for a healthy life.

With baby shiatsu you can support your child's development. The gentle pressure-point massage meets the needs of tiny babies. This book shows you the various shiatsu techniques step by step. The first year of life is divided into four sections:

- one to three months
- four to six months
- seven to nine months
- ten to twelve months

There are also specific techniques to help with health problems, which can, for example, soothe tummy ache and counteract difficulty in sleeping. And there's more:

- Creating a state of calm
- Easing wind
- Calming the stomach
- Breathing freely
- For a good sleep
- Strengthening the immune system

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