

## HOW TO USE THE CD

The song is the first sung so you will become familiar with the tune. Each of the strokes is then explained. Once you have learned the strokes, the song is sung with you so you are familiar with it. Then you put the strokes with the song while you massage your baby.

## OIL AND PERMISSION

Before doing this routine with your baby, put a small amount of vegetable or fruit oil (sunflower, safflower, olive, apricot, grape seed) in a saucer, Please avoid nut oil due to allergies. Dab a few fingers in the oil. Rub your hands together to warm the oil. Look your baby in the eyes, show him your hands and ask, "would you like to have a tummy massage?" This is the way you ask your baby permission to touch them. Massage is done with your baby, not to your baby. By asking permission, your baby will learn respect and baby ownership.

## ABOUT THE DESIGNER

Linda Storm is a CEIM and Certified international Trainer with Infant Massage USA and the International Association of Infant Massage-Sweden. She found while teach parents tummy strokes that is was helpful to have a tummy diagram. She later added the Skid Ma Rind song when teaching the gas/colic routine. She found that parents and babies enjoyed the activity.

## VOCALIST AND MUSICIANS

Laura Sams is the vocalist, Robert Sams is on the guitar and Marc Stevens is on the piano.

These strokes are more are taught in infant massage classes by CEIMs across the country and around the world. For more information on infant massage or to ding a class near you visit. [www.InfantMassageUSA.com](http://www.InfantMassageUSA.com) or [www.iaim.net](http://www.iaim.net)



# tummy TROUBLE

## COLIC RELIEF KIT

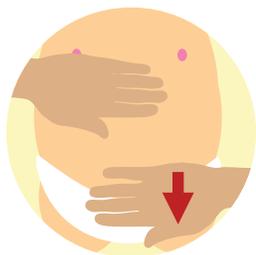
A playful, easy to help receive your baby's discomfort of gas, colic and constipation. This kit teaches you how to massage your baby's tummy while singing the **Skid a Ma Rink a Dink** song.

## KIT INCLUDES

- \* Onesie with diagram to help learn tummy strokes
- \* Illustrates step-by-step direction for tummy strokes
- \* Skid A Ma Rink song sheet with detailed hand movements
- \* CD with Skid A Ma Rink song, plus detailed directions for learning the massage strokes and put the strokes with the song

# TUMMY STOKES

All stroke are explained in detail on the CD. When explaining left and right, we are referring to the parents' left and right.



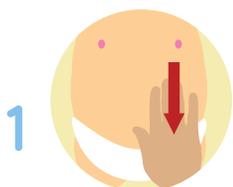
## WATERWHEEL

Mold the palm of your hand to your baby's tummy, below the rib cage. Strike toward the top of the legs, the palm of the other hand begin to stroke and follow the first hand. Repeat a couple of times.



## SUN MOON

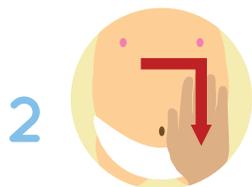
Move the flat part of your fingers in clockwise motion around your baby's belly button. Take your right hand and stroke a half moon, from to right as if moving the hands of a clock from the 10 o'clock to 5 o'clock. Repeat a couple of times.



1

## I LOVE YOU

With your right hand, stroke from below your baby's rib cage down to the top of the Right hip.\* Your baby will see an "I". Repeat this stroke a couple of times. With your right hand stroke across her tummy below her rib cage from left to right\*, then down to her right hip\*. Your baby will see an "L".



2

Take your right hand across your baby's tummy to her left hip. Stroke up her left side\* to her waist, across her tummy and down to the right hip. Your baby will see a "U".



3

As you draw the letters on her tummy, slowly say "IIIIII LLOOOO VVVVEEEEE YYYOOOUUU."

# SKID A MA RINK A DINK SONG

When doing this routine remember to sing slowly and do your hand motions very slowly.

**Skid a ma rink a dink a dink, skid a ma**  
**Waterwheel with one hand, waterwheel other hand, repeat**

**rink a doo, I love you skid a ma rink**  
**strokes. Stroke slowly for I love you, waterwheel**

**a dink a dink, skid a ma rink a doo,**  
**hand over hand repeat.**

**I love you. I love in the**  
**Stroke slowly for I love you. Slowly do the sun, then moon**

**morning and in the afternoon, I love you in the**  
**strokes. Sun, then**

**evening and underneath the moon,**  
**moon stoke, repeat**

**oh, Skid a ma rink a dink a dink, skid a ma rink**  
**Waterwheel**

**a doo, I love you!**  
**Slowly stroke I love you.**

**Sing the song through two times.**

**When you are done, gently bend your baby's legs up toward the tummy, hold for 6 seconds, then bring them down and gently bounce them to relax. Then pick your baby up and give him a cuddle.**

