



The Weather Massage Story...

ONCE UPON A TIME THERE WAS A BIG YELLOW SUN

With one hand on your baby's shoulder take the other hand and make big clockwise circles on their back



BUT SOME CLOUDS STARTED TO APPEAR

Make small circles with your fingertips

AND THEN CAME THE WIND

Sway your hands from side to side



THEN CAME THE LIGHTNING AND THE THUNDER

Gentle karate chops

AND IT STARTED TO RAIN

Gentle pitter patter of fingers on your little back



THERE WERE BIG PUDDLES

With your hands flat on the back make big handprints

THEN IT BEGAN TO SNOW...

Make little picking movements with your fingers like you were picking pieces of snow off your little one's back



THEN THERE WAS FOG AND ALL WAS STILL

Spread your hands across your little one's back until they rest still

THEN THE SUN CAME OUT AGAIN

Gently take your hands away

