

Complete relaxation



Babies love a gentle touch. This is especially true when the little ones feel uneasy. During their first three months, many children suffer from what is known as infant colic (or "three month colic"). A gentle massage can provide a feeling of calm and ease colic. Starting in their fourth week babies can be massaged daily.

The perfect moment

Baby should be well fed and rested to fully enjoy the massage. About an hour before or after eating or after a bath is an ideal time. Regular massages can ease gas pains and prevent colic.

The road to happiness

Warm hands make for a comfortable massage feeling. After rubbing a few drops of oil in each hand, you're ready to go: Start with stroking motions from baby's head to feet. After this gentle beginning, perform the different exercises shown on the reverse side for complete relaxation.

Note! In order to provide babies perfect relaxation, it is recommended to first contact a trained specialist in baby massage (i.e. midwives, paediatric nurses, baby massage practitioners). They can show parents how to perfect every stroke.

All around well-being

- Complete relaxation begins with a calm atmosphere.
- Babies feel best with a temperature of 23 to 26 °C / 73 to 79 °F.
- Babies are more comfortable lying on a soft, thick pad.
- Breathe deeply: Parents can also relax during the massage.
- Vegetable oils, e.g. olive oil, turn the massage into a luxury – avoid using essential oils!
- Time for two: Parents are involved with the baby and its reactions.

Relaxing goes into overtime

After the massage, extend the wellness program with a warm cherry pit pillow, for example. Babies can lay warmly bundled in their parent's arms. An intimate time for two is guaranteed and colic troubles are soon forgotten.

MAM Easy Start™ Anti-Colic: relaxed nights for babies & parents

The patented **vented base of our MAM Easy Start** baby bottle prevents the formation of a vacuum inside the bottle to ensure a smooth drinking flow. This significantly **reduces the risk of colic**, allowing babies to drink easily without becoming agitated. Confirmed not only by scientific studies but also by 80% of the mothers*.

Particularly convenient: Our MAM Anti-Colic is **self-sterilising** in the microwave – with only a couple of steps required it is quick and easy. Simple hygienic sterilisation.

*Market research USA 2010, n=35 / Field study Austria 2011, n=73

Information about all MAM products at mambaby.com

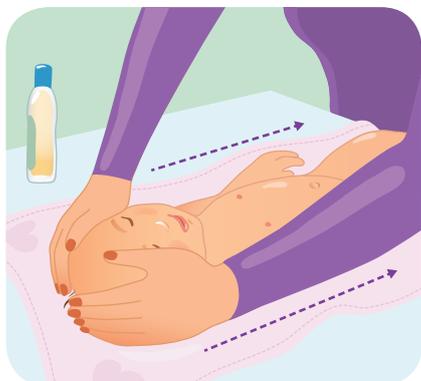
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Dream Team against colic: Massage & Yoga



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Stroke gently



Water wheel



Stroke with thumbs outward from navel



Sun – moon exercise



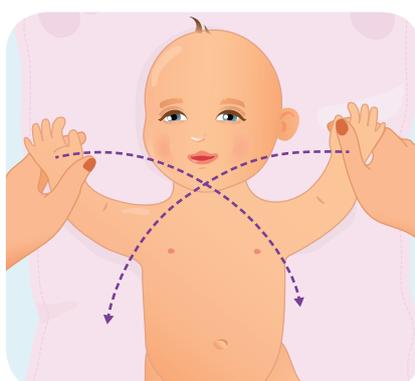
Circle around the navel



Finger-walk over the navel



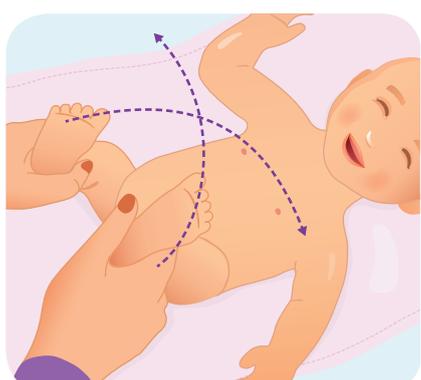
Butterfly



Yoga exercise: Relax arms



Yoga exercise: Arm & leg



Yoga position



Stroke gently

Luxury for the little ones

- Relax: calm atmosphere
- Comfortable temperature: 23 to 26 °C / 73 to 79 °F.
- For comfort: a soft surface
- Deep breathing: relaxed parents
- Closeness: interaction with the baby
- For stroking: pure vegetable oil