

## Quality Endorsed Unit

This unit does not form part of a regulated qualification.

**Unit Title:** Understanding Baby Massage

**Unit Reference Number:** PJ2/1/WR/001

**Level:** 1

**Credit Value:** 3

**Minimum Guided Learning Hours:** 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about health and safety requirements when giving your baby a massage	1.1 Identify the key safety precautions to take when giving your baby a massage
	1.2 Identify 4 occasions where massage would not be appropriate
2. Know about the benefits of massage for your baby and for you	2.1 List 5 benefits of massage for the baby
	2.2 List 3 benefits to yourself of using baby massage
3. Know about massage strokes and the effect that they have on your baby	3.1 Identify the massage strokes used for: <ul style="list-style-type: none"> <li>a) Legs and feet</li> <li>b) Stomach</li> <li>c) Chest</li> <li>d) Arms and hands</li> <li>e) Face</li> </ul>
	3.2 Identify massage strokes that: <ul style="list-style-type: none"> <li>a) reduce colic</li> <li>b) help with constipation</li> <li>c) promote relaxation</li> </ul>
	3.3 Demonstrate appropriate use of the identified massage strokes
4. Know about massage oils and what to consider when choosing the right one for your baby	4.1 Identify suitable oil(s) for baby massage
	4.2 State the reasons why the oil(s) are suitable for your baby