

Baby Massage 101

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{youtube}PIQfkeQomY?list=PLFQkQDqltw38Cdy61ctQBArj3ISFkn8x8{/youtube}



This is one of my favorite [All Things Mama TV](#) episodes.

So many hospital-based "experts" visited Nicholas when he was in the NICU at Honor Health (formally [Scottsdale Shea Medical Center](#)). One visitor was Alicia, a very sweet masseuse who specializes in teaching parents how to pamper their newborns.

Yes, there is such thing as infant massage.

Check out the video for a how-to tutorial and show your baby some TLC!

Thanks for watching!

Xo~Nadine

About Nadine

[Nadine Bubeck](#) is a mom, wife, [multi-media personality](#), host, author, blogger, keynote speaker, and PR professional. She has been an anchor/reporter at TV stations in San Diego, California, and Phoenix, Arizona. She contributes to numerous motherhood-based publications and is often featured as a [parenting expert on television, among other media outlets](#). Nadine can often be found at mommy-and-me classes, playgrounds, and kid-friendly restaurants. She lives in Scottsdale, Arizona with her husband and sons, Nicholas and Zachary. She's a blessed boy mom and queen of the house. Her book, [Expecting Perfect: My Bumpy Journey to Mommyhood](#), is available on [Amazon](#). For more: [www.allthingsmama.tv](#)

Nadine would love to hear from you: nadine@nadinebubeck.com