

1 Sing as you glide your hands up and down your baby's body in time with Incy Wincy.



### THIS LITTLE PIGGY

This Little Piggy went to market,  
This Little Piggy stayed at home,  
This Little Piggy had roast beef,  
This Little Piggy had none,  
And this Little Piggy went wee  
wee wee, all the way home.

1 Take your baby's left foot in your left hand, bring your right hand up the front of the leg, round the hip and down to the ankle. Swap hands and take your left hand up the inside of the leg, slide your hand round to the back and return to the ankle. Always gently support the ankle with your non-working hand. Continue in a rhythmic motion, down the outside of the leg and up the inside of the leg, four to five times.

2 Using your right hand, massage the outside of the left thigh in circles. Massage over the knee joint with small circles using your thumb. Use your thumb to work small circles up the front of the shin.

3 Massage deeply into the sole of the foot.

4 Massage each toe, while you chant 'This Little Piggy went to market'. When you get to the last Little Piggy tickle your baby all the way up her body and into her neck ('All the way home'). Repeat with the right leg.

### THE INCY WINCY SPIDER

Incy Wincy Spider climbed up the waterspout.

Down came the rain and washed the spider out.

Out came the sunshine and dried up all the rain.

Incy Wincy Spider climbed up the spout again.

1



2



3



4



Working up and down the toes of your baby is excellent for stuffy noses, and can be done several times a day to help clear nasal passages.