



MESSAGE TECHNIQUE	STORY
<p><i>Lay your child on his back.</i></p>	<p>There was once a little BOY / GIRL named (YOUR CHILD'S NAME), who loved to lay on HIS / HER back and gaze at the night sky.</p>
<p><i>Lift one leg. Twist gently from the ankle to the thigh. Repeat for the other leg.</i></p>	<p>With just a little stretch of HIS / HER legs...</p>
<p><i>Use your thumbs to rub the soles.</i></p>	<p>(YOUR CHILD'S NAME) could jump over the moon...</p>
<p><i>Squeeze each toe, one by one.</i></p>	<p>And tiptoe from cloud to cloud!</p>
<p><i>Hold your child's palms in a relaxed manner. Massage from his wrist to his shoulder. Repeat for the other arm.</i></p>	<p>Sometimes, HE / SHE would even chase after the shooting stars.</p>
<p><i>Massage the fingers one by one.</i></p>	<p>But they were either too fast or too far.</p>
<p><i>Rub your palms excitedly.</i></p>	<p>"There must be another way!" baby (YOUR CHILD'S NAME) thought.</p>
<p><i>Place your warm palms on your child's tummy. Rub gently in a circular motion.</i></p>	<p>So with a deep, long breath...</p>
<p><i>Rest your thumbs at the centre of your child's forehead and slowly, rub outwards towards his mouth.</i></p>	<p>HE / SHE closed HIS / HER eyes and saw all the shooting stars HE / SHE could imagine.</p>
<p><i>Lean in for a good night's kiss!</i></p>	<p>Good night, little one.</p>

