



coalesce wellness

**NEWBORN STRETCHING & GENTLE MOVEMENT GUIDE  
FOR REGULATION, DIGESTION, & SPINAL BALANCE  
(BIRTH - 6 MONTHS)**



**A GENTLE INVITATION TO  
SUPPORT YOUR BABY'S  
NERVOUS SYSTEM,  
DIGESTION, AND  
NATURAL ALIGNMENT.**



---

*Gentle care.*

---

*Lasting balance.*

---

# Welcome, Parents

Hi! We're so glad you're here.

Supporting your baby is a gentle, ongoing process. Each session helps your baby release tension and find balance, and what you do between sessions plays an important role in supporting that progress.

## Why Home Support Matters

Babies integrate change through repetition, rhythm, and connection.

Gentle movement, loving touch, and calm routines at home help:

- Reinforce new patterns
- Support nervous system regulation
- Improve digestion, sleep, and feeding
- Prevent tension from building again

Think of sessions as opening the door, and home care as keeping the pathway clear.

Small, consistent moments make a big difference. There is no “perfect” way to do this. Follow your baby's cues, trust yourself, and know that your presence matters most.

## We're Here for You

If you have questions, concerns, or need extra support, please reach out. We have many resources available and are always happy to guide you, adjust care, or offer reassurance. You're not alone, we're here to support both you and your baby.

E: [healingwithcoalesce@gmail.com](mailto:healingwithcoalesce@gmail.com)

W: [coalesce-wellness.com](http://coalesce-wellness.com)



# What You Should Know



## When to Practice

- After diaper changes
- After a bath
- During calm awake time
- Before bedtime
- As needed for gas, reflux, or tension
- 5-10 minutes total is enough
- Avoid during/after feedings

## Safety First

- Check with baby's provider
- Move slowly and gently
- Stay within baby's natural range
- Stop if baby cries, stiffens, or arches
- Never force a position
- Baby should feel calmer after, not more activated

## Age Guidelines

- ✓ All stretches in this guide are safe from birth (0+ weeks)
- ✓ Modify pressure and range as baby grows
- ✓ Follow baby's cues at every age

# The Stretches

## Torticollis Stretch (Head Turning)

### Supports:

- Neck mobility • Feeding comfort • Head shape
- Nervous system balance

### How to do it:

1. Lay baby on their back.
  2. Place one hand on baby's chest or shoulder.
  3. Gently guide baby's head to turn toward the less-preferred side.
  4. Hold 5-10 seconds.
  5. Return to center.
- 1-3 times per side

## Modified Torticollis Stretch (Side Bend)

### Supports:

- SCM muscle release • Calm regulation •

### Symmetry

### How to do it:

1. Support baby's head and neck.
2. Gently tilt baby's ear toward the shoulder on each side.
3. Keep shoulders relaxed.
4. Hold 5-8 seconds, then release.

Think: soft melting, not stretching



instruction video

## Acid Reflux Stretch

Supports: Diaphragm release • Esophageal comfort • Feeding ease

### Upright Chest Opening

- Hold baby upright against your chest.
- Support head and neck.
- Gently lift arms upward (only as baby allows).
- Hold 5 seconds.

## Pectoral & Pelvic Girdle Flexing

Supports: Breathing • Digestion • Upper & lower body coordination

### How to do it:

1. Baby on back.
2. Gently cross one arm over chest, then open wide.
3. At the same time, bend knee toward belly, then release.
4. Move slowly and rhythmically.  
3-5 gentle cycles

## Pelvic Flex Stretch (Colic / Constipation)

Supports: Gas relief • Bowel movement • Vagus nerve stimulation

### How to do it:

1. Hold baby's legs behind the knees.
2. Bring knees gently toward belly.
3. Add a small rock or clockwise circle.
4. Hold 5-10 seconds, then release.

Can be done multiple times daily as needed



*instruction video*



# Spinal Lengthening Stretch (Head-to-Toe Unwinding)

Supports: Spinal decompression • Full-body fascia • Nervous system regulation • Integration after sessions

How to perform:

1. Baby lying on their back.
2. Place one hand to gently cup the back of the head (occiput).
3. Place your other hand to hold the feet or ankles.
4. Apply a very gentle, sustained head-to-toe traction — think lengthening, not pulling.
5. Hold 5-10 seconds, then slowly release.

The movement should feel like the body softly unwinding or elongating.

## A Baby Massage Simple Tips

- Warm hands first before touching baby
- Massage when baby is calm and alert, not hungry or overtired
- Use slow, steady strokes — fast touch can overstimulate
- Always watch baby's cues, not the clock
- Less pressure than you think — gentle is enough
- Babies love gentle rhythmic squeezes from hands to shoulders, feet to thighs
- Soft, intentional touch along the cranial sutures encourages blood flow and relaxation, supporting both tissue health and nervous system regulation.



*instruction video*





## Disclaimer

The information provided in this guide is for educational purposes only and is not intended to diagnose, treat, or replace medical care. These movements and techniques are gentle wellness practices meant to support relaxation, comfort, and nervous system regulation. Always follow your baby's cues and consult your pediatrician or healthcare provider if you have concerns about your baby's health, development, or symptoms.

## Safety Protocol

To ensure your baby's comfort and safety, please follow these guidelines:  
Perform movements only when your baby is calm, alert, and comfortable

Use slow, gentle touch within your baby's natural range of motion

Never force a movement or hold through resistance or crying

Stop immediately if your baby:

Cries intensely

Stiffens, arches, or turns away

Shows signs of distress or discomfort

Avoid stretching:

Right after a full feed

When your baby is sick, feverish, or overtired

Over irritated skin, rashes, or injuries

## When to Pause & Seek Support

Please pause these practices and reach out to your  
healthcare provider or practitioner if your baby has:

Fever or illness

Recent injury or surgery

Diagnosed spinal, neurological, or musculoskeletal conditions

Persistent symptoms that do not improve

## A Gentle Reminder

These practices are meant to support, not replace, professional care.  
Your presence, awareness, and responsiveness are the most important parts of this  
work.

If something doesn't feel right, trust your instincts and reach out for guidance.