

Deep Pressure Points

Teaching sheet provided by Occupational Therapy



Deep pressure is a very specific type of positive touch that provides input into the muscle and promotes healthy development of your baby's sensory-motor system by strengthening the connection between the brain and muscles. Deep pressure is a sensory experience critical for the development of coordinated movement such as rolling, sitting, crawling, and walking.

- ❖ Deep pressure points are easy to do and can be done in less than 5 minutes.
- ❖ Follow the pattern shown here and move slowly from point to point. Use your thumb to gently and firmly push into your baby's muscle just until you can feel the bone underneath.
- ❖ You can choose to start anywhere and the exact points are not important.
- ❖ Be sure to avoid the abdomen due to internal organs.
- ❖ Babies tend to like deep pressure on their arms more than their legs, but will eventually tolerate the full body.
- ❖ Some babies may at first perceive deep pressure as ticklish, painful, pleasurable, or no reaction at all. If your baby fusses or shows avoidance cues, pick one area to start with and add more as tolerated.
- ❖ Deep pressure points should be done at least once a day, and can never be done too much!

More information can be found in the book titled "Building Babies Better: Developing a Solid Foundation for Your Child," by Roxanne Small, PT.



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