**Appendix S1.** Timeline of combined intervention.
Appendix S2: The procedure for infant massage

The procedure for infant massage was described as follows: (1) Pour the massage oil into your hands and rub hands together to be warmer; (2) Perform massage: In general, massage certain parts of baby body lasting 8 to 10 minutes, with repeating each motion 4 times, the step-by-step guide is as follows: ① Head massage: Massage the baby’s forehead gently by moving your finger pulp of both thumbs outwards from the center of the forehead. Then, from the philtrum area, move thumbs towards the cheeks and massage the cheeks gently in a horizontal motion. Lastly, from the chin, move your thumbs towards the cheeks and massage the cheeks gently in a circular motion. Repeat the above strokes 4 to 6 times; ② Chest massage: From the outer lower part of the chest (near the lower costal margin), move your index finger, middle finger, ring finger upward toward the opposite side until the shoulder. You can then trace your fingers back to the outer lower part of the chest; ③ Tummy massage: Place your palm gently below the chest bone and make clockwise circular strokes across the belly—all around the belly button. Do not apply any pressure, let your hand gently glide across the belly while avoiding the belly button; ④ Arms massage: Move your strokes slowly from the upper arm downward towards the forearm. Massage the entire arm with gentle circular motions as if you are wringing a towel. Hold the baby’s hands and make circular strokes on the palms. Slowly make small strokes on the baby’s fingers, moving towards the tips of the fingers; ⑤ Legs massage: Gently stroke from the thigh down to the foot. Lift one of the legs and make gentle strokes on the thighs and slowly extend it towards the ankle. Massage the heels up to the toes with your thumbs. Then, using your palm, stroke the bottom of the baby’s foot. Slowly, make circles with your thumb all over the bottom of each foot and then to the toes. Lightly massage each toe right to the tip; ⑥ Back massage: Turn baby around, then place thumbs on either side of the upper spine and very gently rub outwards from the body—towards the lateral side, while slowly moving the strokes towards the buttocks.