



# **Gentle Touch**

# **Infant Massage**

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**Disclaimer:** The information in this guide is provided for educational purposes only and is not intended to treat, diagnose or prevent any disease. Nor is it intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.



## **Massage: Benefits to Babies**

They know they are loved!

They know good touch, so they won't accept bad touch

Higher IQ

Better Individuation

Promotes Attachment

Encourages muscular coordination

Helps baby to open and straighten arms and legs

As muscles relax, they absorb blood, and as they contract, they help to pump blood back to the heart and aid venous return

Massage stimulates the vagus nerve which stimulates the release of food absorption hormones insulin and glucose

Massage teaches children the concept of Hugs not drugs

Fosters body acceptance

Gives baby's body a chance to release birth issues

Alleviates anxiety and depression

Reduces stress hormones cortisol and norepinephrine

Reduces pain

Enhances immune system function by increasing WBC count

Facilitates weight gain in preemies

Relieves colic, constipation, reflux

Improves sleep pattern

Increases circulation

Improves elimination of blood wastes by stimulating venous and lymphatic drainage

## **Massage: Benefits to Families**

Dad bonds with baby as effectively through massage as Mom does with Breastfeeding

Older children can help, standby with lotion (and wait their turn!)

Serves as a calming ritual for everyone

Gives Mom and baby a chance to communicate

As children age, touch gives an opportunity to reconnect

Massage introduces a unique level of confidence and trust between parent and child

## **Society Benefits from Massage**

Early positive bonding contributes to positive adult values and behaviors

Securely bonded children develop happy trusting relationships as adults

Well adjusted children grow into well adjusted adults

Less crime  
Less divorce  
Less abuse

And. . .

Their children are loved and well adjusted . . .

**WHAT A GREAT WAY TO START!**