

Quotes on Infant Massage

“Experience joy and bliss when you massage your newborn baby.”

- Deepak Chopra, M.D. (Author: Ageless Body, Timeless Mind)

“Infant massage allows parents and infants a unique opportunity to communicate love, acceptance, compassion and joy through gentle touch. It is the essence of nurturing parenthood.”

- Stephen Bavolek, Ph.D. (President, Family Development Resources, Inc.)

“We know now that infant massage helps growth and development. Babies who are massaged gain more weight, they sleep better, they are less irritable, they are more responsive, they have better interactions with their parents and they show superior mental and motor development. The lovely photos in “Baby’s First Massage” show you how simple it can be and how much a baby can enjoy being massaged.”

- Tiffany Field, Ph.D. (Director, Touch Research Institute)

“How does a newborn baby know the difference between the person who loves it and the one who does not? Probably through a combination of conditions. First, almost certainly through the manner in which it is held, the messages it receives through the skin—its first language of communication through its joint/muscle senses, through eye-to-eye contact, through the sound of the voice, facial expression, and the like.”

- Ashley Montagu, Ph.D. (Anthropologist)

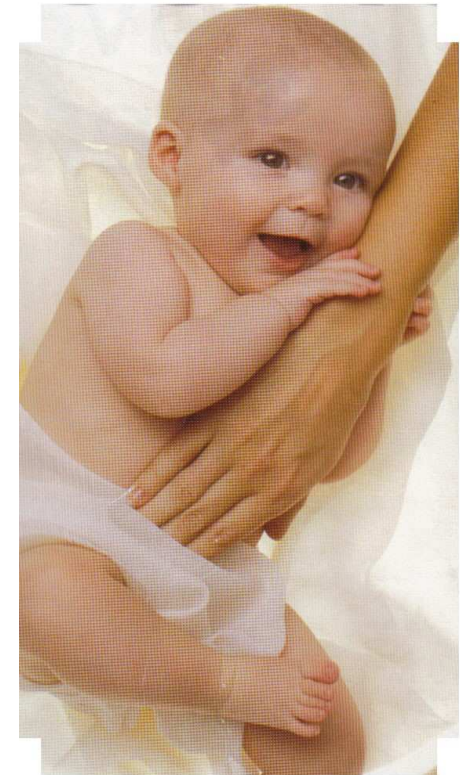
“We speak of something being “touching,” implying a close link between touch and the emotional reactions of the heart. It’s more than a metaphor—our skin does speak to our hearts. And our hearts respond.”

- Robert Orstein, Ph.D. and David Sobel, M.D., Healthy Pleasures

“**T**he surface area of the skin has an enormous number of sensory receptors receiving stimuli of heat, cold, touch, pressure and pain. A piece of skin the size of a quarter contains more than 3 million cells, 100 to 340 sweat glands, 50 nerve endings, and 8 feet of blood vessels. It is estimated that there are some 50 receptors per 100 square millimeters, a total of 640,000 sensory receptors.”

- Ashley Montagu,
Touching

NEWBORN/ INFANT MASSAGE



Body N Soul Massage Deborah Simmers- Shahadey

634 E. Davis Ave
Terre Haute, IN
(3 blocks East of Honey
Creek Mall beside
HealthQuest Nutrition
Center & Ermisch Cleaners— across from
T.H. South
High School)

(812) 230-0697

*For Your
Baby's Health*

Newborn Massage

Birth—approximately 4 weeks of age

Coming home from the hospital with a newborn baby has been described as feeling like ‘going on a date.’ Most new parents have feelings that range from fear to awe as they cuddle, feed and care for their baby. Usually new parents have several months to prepare for their newborn; however, starting a new relationship asks much of them.

Newborn massage is a powerful, happy way to become acquainted. You can learn early communication while giving your baby gentle but potent nerve and muscle stimulation. This assists with digestion, elimination, healing, growth, and deeper sleep. Newborns have special needs to consider during massage. This workshop introduces supportive, protective massage while you learn early infant communication and how to respond to it in a satisfying way.

Newborn massage is a way of touching that involves listening, gentleness, and protectiveness. It is a systematic process in which the person giving the massage learns to interpret the communication through the newborn’s body language, monitoring and responding appropriately to the newborn’s messages. It is very simple, it is very easy, and in terms of time, it is very brief. It is an introduction to massage with the infant.

This workshop is for parents or caregivers and their medically stable newborn up through the first four weeks of life. You may choose to meet with other new parents in a classroom setting, or have a private one-on-one class. A 28-page booklet with illustrated strokes will be given at the class and is included in the fee. A wonderful step-by-step video will be available to purchase at the class.

What to bring to this workshop:

- A receiving blanket
- A thick blanket or baby quilt
- A diaper bag with extra clothes, diapers, wipes, formula if needed

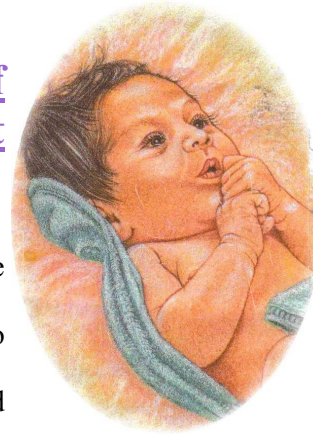
Please feed your baby just prior to class.

In this workshop you will learn:

- Early infant communication
- Crying and coping
- Baby’s time out cues
- Comforting
- The healing process of newborns
- Giving a loving, gentle massage

Benefits of Newborn/Infant Massage

- Improves immune system
- Helps baby learn to relax
- Promotes sounder and longer sleep
- Helps baby to feel secure and healthy
- Promotes positive body image
- Promotes bonding and communication
- Helps to regulate digestive, respiratory, and circulatory systems
- Helps relieve discomfort from gas and colic, congestion, and teething
- Decreases production of stress hormones
- Improves and develops feelings of attachment
- Fosters and develops communication between infant and parent
- Strengthens the parent’s understanding of their baby’s cues
- Heightens parent’s awareness of their baby’s body
- Increases parent’s confidence in infant care



Infant Massage

Approximately 4 weeks of age and up

Some ways infant massage differ from newborn massage:

- Infant massage starts at approximately 4-6 weeks of age and the baby weighs at least 6-7 pounds
- By now the baby is past the healing time. The cord has healed; circumcision has healed; bruises, etc. are well on the way to being healed
- The baby is in a more regular sleep-wake pattern; is awake more of the time
- During massage, more of the body is exposed to the environment because thermoregulation has been established
- There is less concern for establishing regular patterns of digestion and elimination. There is more emphasis on treating colic with abdominal massage strokes performed over the umbilicus
- There is a MUCH greater variety of strokes
- The time required for infant massage will be at least 30 minutes
- Crying is not only acceptable, but is encouraged as a form of tension release. Infant massage classes are generally 3-4 sessions and 1-2 hours in length

