



Infant Massage...

Bundles of Benefits for

Babies & Caregivers

Lynn Barts, CIMI®

Certified Infant Massage Instructor



Loving Touch® Infant Massage

Objectives

1. Participants will identify the characteristics of infant massage
2. Participants will identify the benefits of infant massage for babies & parents/caregivers through observation and hands on demonstration.
3. Participants will identify conditions that require modification of the massage techniques.

What is Infant Massage?

The Language of Touch

Interaction

Stimulation

Relief

Relaxation

Infant Massage Components

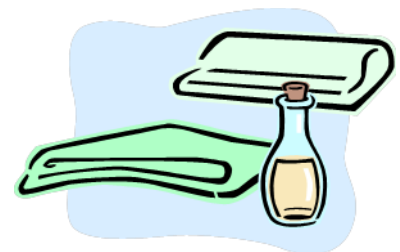


It's the glue that brings it all together

Benefits of Infant Massage



Preparing for Infant Massage



CSEFEL

<http://csefel.vanderbilt.edu/index.html>

Regulation and Stress in Young Babies

Signs of Regulation	Signs of Stress
1. Regular, even breathing; warm body temperature; even skin color.	1. Yawning, drooling, hiccupping; chilled or clammy; pale or blotchy skin.
2. Good muscle tone; can lift arms and legs against gravity.	2. Poor muscle tone; flails arms and legs loosely or cannot pull up against gravity; trembling.
3. Moves easily (with little comforting) between being awake and being asleep; when awake, is sometimes quiet and alert, sometimes active and alert; can become calm when crying.	3. Awakens screaming; cannot relax to fall asleep or falls asleep suddenly in the midst of noise and commotion; has trouble focusing when awake.
4. Startles briefly at loud noises but recovers; tolerates handling even during diaper changes.	4. Startles at noise, light, and touch, and cannot recover.

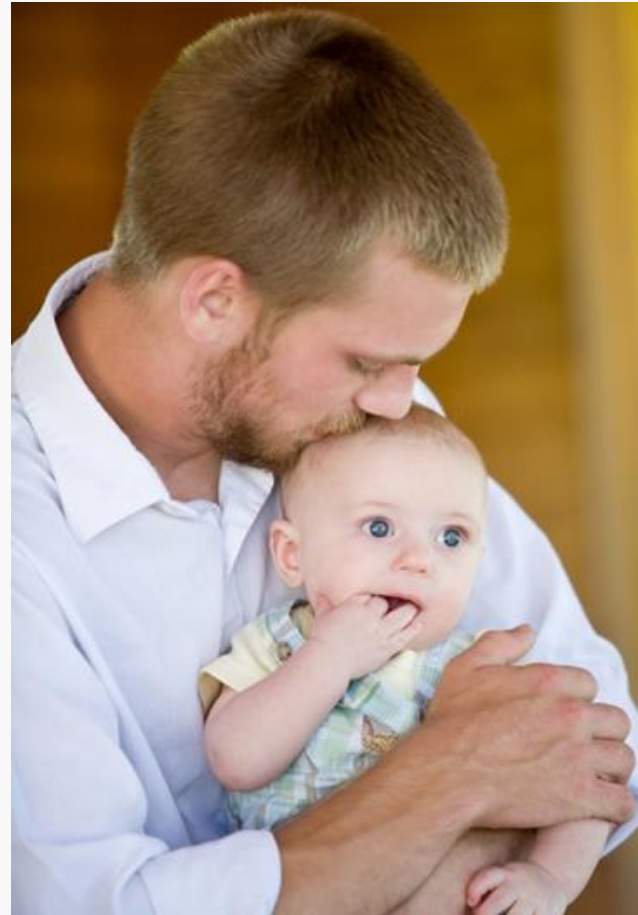
Let's Observe & Reflect



Benefits for Baby



Benefits for Parents



Premature Babies & the NICU

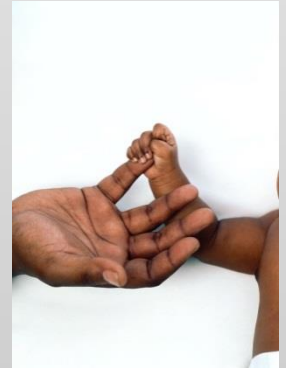


Massage for Toddlers



Next Steps

**Let's spread the word so
every child can
experience the benefits
of loving touch.**



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