

INFANT MASSAGE INSTRUCTION

The practice of Infant Massage is largely based on the teachings of Vimala McClure. While working in India in the



1970s, she discovered an amazing thing - throughout India, people were massaging infants

and children. Even in orphanages, children were massaged. Watching the love and the care passed to children (even those without parents) inspired McClure to develop an Infant Massage routine based on the principles of Indian Massage, Swedish Massage, Reflexology, and Yoga.

What are the Benefits of Infant Massage?

Infant massage is a great chance to spend quality time with your child throughout his or her life - from infancy through the teen years. As if that isn't enough, infant massage offers even more:



Bonding:

- ~Fosters communication and respect
- ~Fosters nurturing feelings
- ~Helps to develop positive interaction between parent and child
- ~Encourages attachment
- ~Encourages non-verbal communication
- ~Helps caregivers read baby's cues
- ~Promotes self-esteem
- ~Teaches child about appropriate touch

Stimulation:

- ~Fosters weight gain
- ~Releases hormones to aid digestion
- ~Improves cardiac functioning
- ~Improves respiratory functioning
- ~Improves muscle tone
- ~Enhances neurological development
- ~Improves sensory and body awareness

Relief:

- ~May ease colic and reflux pain
- ~Promotes elimination of gas
- ~Releases endorphins, the body's natural pain-killers
- ~Can ease emotional distress

Relaxation:

- ~Releases hormones to balance the nervous system
- ~Relieves built up tension in an infant's body
- ~May regulate behavioral states
- ~Improves sleeping patterns
- ~Reduces stress hormones - in both the baby and the caregiver!
- ~May reduce violence in children

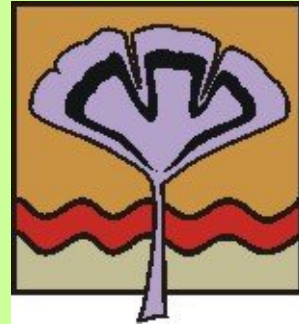
Infant Massage Courses

We welcome both caregiver/child pairs and caregivers who will be learning on dolls. Caregivers of children with special needs, including adopted or foster children are welcome.

Group classes are kept small to allow for more hands-on instruction. The full infant massage program is taught over 4 60-minute classes. The class covers all the massage positions and includes time to discuss topics like baby stages, communication cues, and strategies for dealing with crying. The class allows time to meet and talk to other parents and caregivers. Daytime and evening group classes are offered. Call 708-447-2469 to sign-up. Private classes are available by appointment. Call 708-442-3370 for details.

Infant Massage is offered in conjunction with
The Well-Kneaded Baby
www.wellkneadedbaby.com
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Brannick Clinic of Natural Medicine



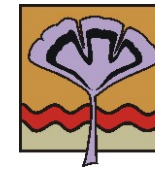
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