

The Benefits of Infant Massage

Infant Massage develops the expression of our first language - touch. It provides a time of day when the parent is totally focused on the baby and is directly communicating love, caring and respect. Infant Massage is also a tool for when baby is ill. It is a pleasant way to help baby's development while enhancing the infant-parent bond. And it's enjoyable and fun!

Benefits to Parents

- Bonding
- Relaxation
- Communication, both verbal and non-verbal
- Positive parenting skills
- Increases confidence in parenting
- Pleasure and enjoyment
- An opportunity to connect and share quality time
- Increases prolactin production - the nurturing hormone
- Education in how to touch and respond to baby in nurturing ways
- Positive effects on other relationships, including partner and children
- Group classes provide opportunity for mutual support from other parents

Benefits for all Babies

- Promotes bonding/attachment
- Improves circulation, digestion and organization
- Reduces muscular tension
- Enhances awareness of being loved, accepted and safe
- Reduces fussiness
- Helps baby learn to relax
- Baby feels respected and responded to
- Improves sleep
- Increases sense of well-being
- Strengthens the development of gastro-intestinal and respiratory tracts
- Reduces the symptoms of colic and gastro-intestinal tract distress

Benefits for Babies with Special Needs (in addition to the above)

- Helps relax tight muscles
- Helps stimulate muscle tone for hypotonic babies
- Increases baby's ability to maintain a functional alert state
- Helps babies learn to accept and tolerate positive touch (especially for babies who have been hospitalized)
- Increases baby's ability to gain weight
- Helps baby sleep longer and deeper
- Helps decrease gas, constipation and gastro-intestinal tract distress
- Helps to regulate tactile hyper or hypo sensitivity
- Improved eye contact and socialization
- Improved circulation, decreased mottling
- Decreased fisting and shoulder reaction
- Increased incidence of hands to midline
- General relaxation