

The Power of
Touch through
Infant Massage

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Speaker's roles include

OT for 29 years

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Neonatal Touch and Massage Therapist Certified

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Goals and Objectives

1

Understand the importance of Calming touch massage

2

Discuss massage strokes and targets

3

Demonstrate massage stroke techniques

Disclaimers



This is NOT intended as medical advice and does not substitute for consultation with a pediatrician or other medical provider



I do not work for any of the companies that train/educate providers as certified massage educators/providers/teachers



Be sure the massage oil you use is deemed safe for the caregiver and infant you are working with after allergy and preference check.

✕ Early Touch Development

In Utero- develops by 7 weeks gestational age

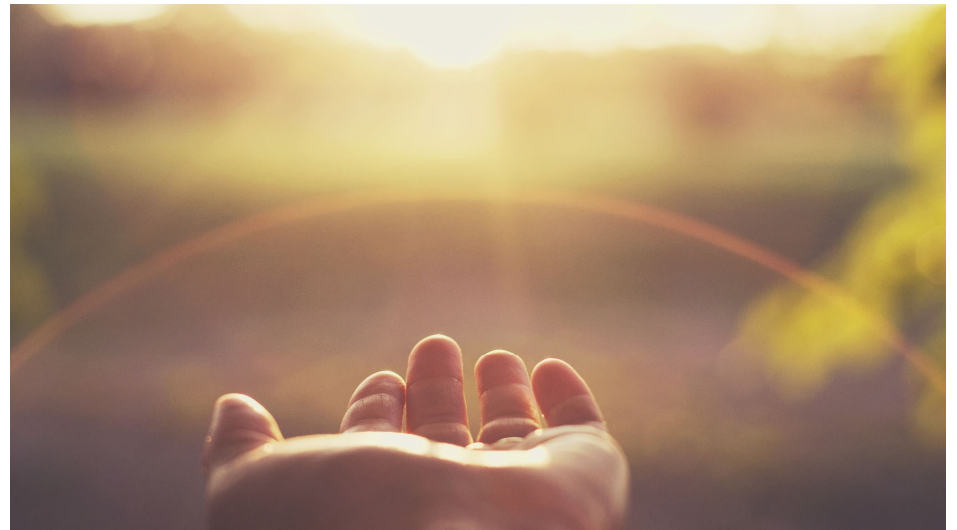
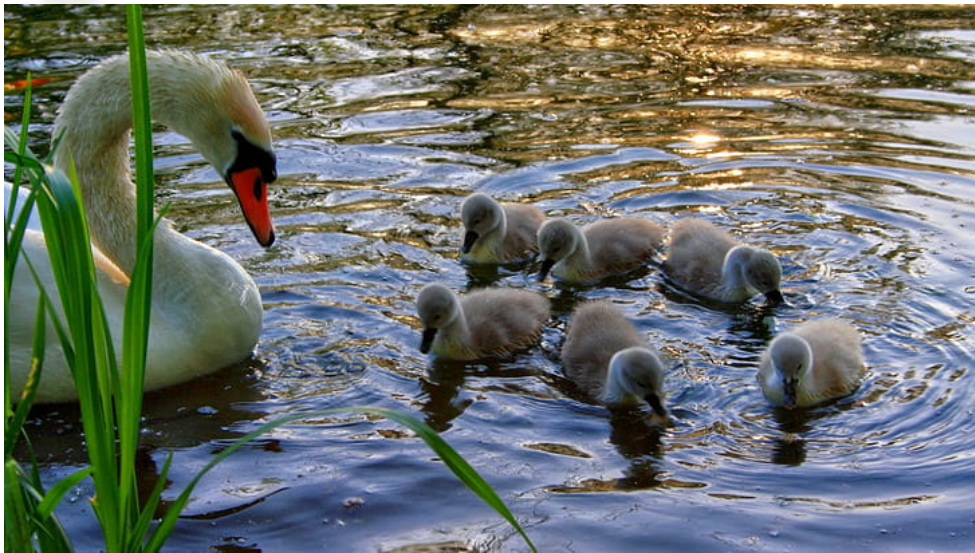
Birth- Is the strongest developed sense when a baby is born

Infancy- Used for self-soothing, calming, co-regulation

Toddlerhood- Sensory system, learn our likes/dislikes

Childhood- building relationships, connection, skill and ability

Importance of touch





How much touch do we need?



According to Virginia Satir, Psychotherapist, family-therapist and co-founder of Mental Health Research Institute (MHRI)



"We need four hugs a day for survival"



"We need eight hugs a day for maintenance"



"We need 12 hugs a day for growth"



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Humans are
wired for
Connection

Emotional development

Safety/security

Love/care

Restful sleep

Breathing regulation

Calm



Benefits of Massage for Baby

Bonding

Calming

Self-regulation

Supports immune system

Supports digestion

Soothing

Sensorineural development

Benefits of Massage for Caregiver

Release of
oxytocin

Connection

Co-regulation

Breast milk
production

Decreased
anxiety

Decreased
post-partum
depression



What are we
looking for.....

BABY's CUES- nonverbal form of communication

Caregivers may see baby saying "I need some help to settle, calm, and get organized"

Cry face: furrowed brow, wrinkled forehead, looks away, wide eyes

Body/Posture/movements: strains, squirms, fidgets, arches back, flails, pulls away, finger splaying, salutes/halt hand, hiccups, sneezing

Vocalizing: whimpers, whines, fusses, cries, screeches, screams



What are the cues telling us



Baby's arousal level and behavioral States

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States of Arousal



Deep sleep or quiet sleep



Active sleep/light sleep (REM)



Drowsy/Dozing



Quiet alert or awake



States of arousal
continued

Active
alert/fussy

Crying



Self-regulation

Co-regulation with caregiver is key

Create CALM and SOOTHING environment

Respond to baby's distress with warmth and structure

Provide physical comforts to calm baby

Cuddling, feeding, sucking, low lights, soft music, warm bath, infant massage.



Social- emotional Milestones

Birth to 2-3 months:
recognize caregiver voice &
smell, responds to gentle
touch and smiles

3 months to 7 months:
Starting using facial
expressions to express
emotions.

4-6 months: Infants start
seeking caregiver when
they are upset, show
learning through
cooperative interactions
with caregiver

7-8 months: Infants show
specific response to
primary caregiver, may
show upset with strangers,
respond to caregiver's
anger, stress or sadness



CALMING Touch Infant Massage includes

Skin to skin

Holding/Cuddling

Stroking/Patting

Breast feeding

Baby massage

✕ Massage strokes

Resting
hands

Gliding

Cupping

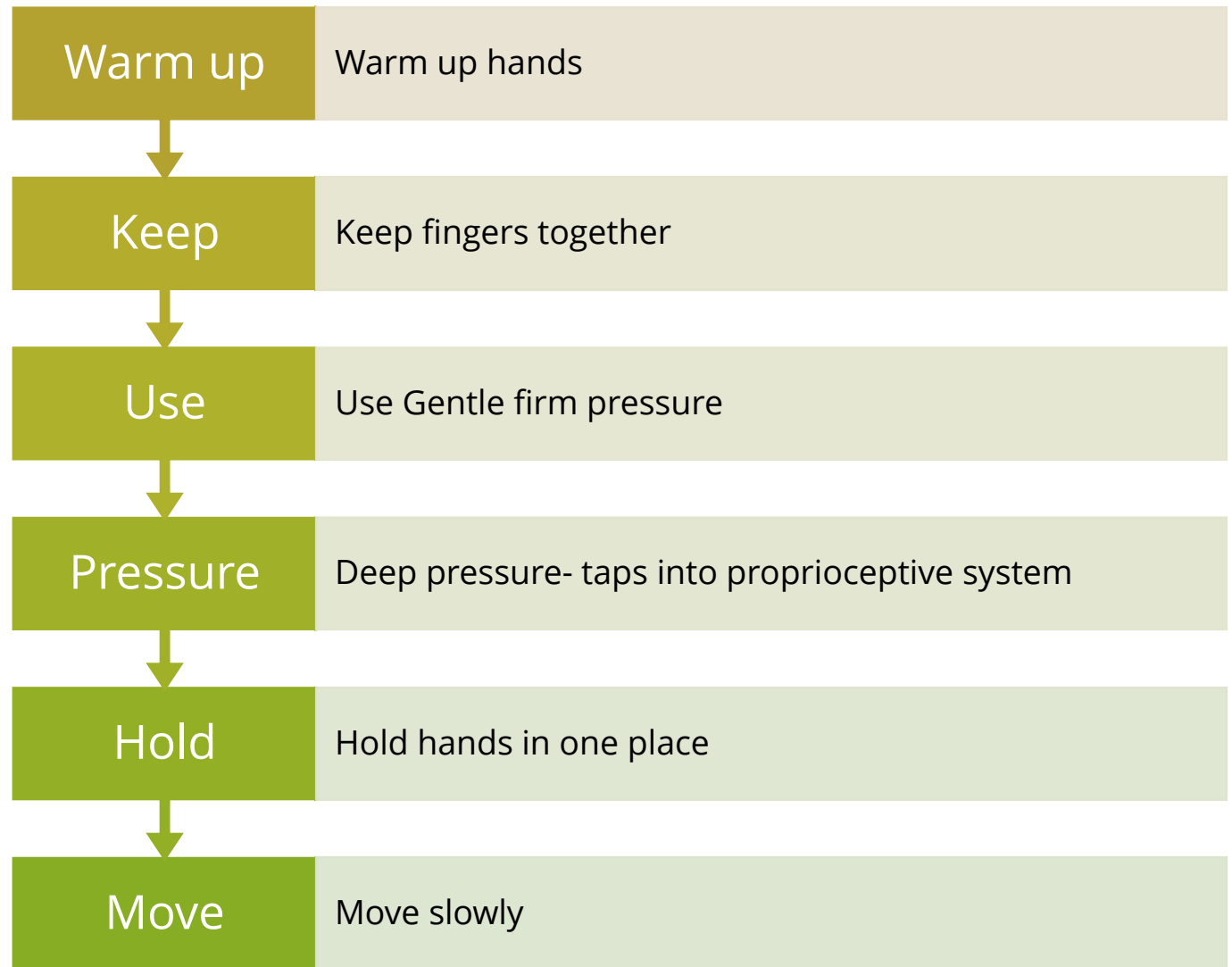
Drawing

Friction

Pressure
points



Touch Strategies to practice





Body Parts Application

Head

Hands

Back

Tummy

Full body

Feet

The Colic Relief Routine



Resting
hands

Water
wheel

Up down

Touch
relaxation

Sun
moon

Up down

Touch
relaxation







✕ Teething pain





Introduction to Reflexology



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Guide to Baby Foot Reflexology

Solar
Plexus

Head and
teeth

Sinuses

Lungs

Upper
Abdomen

Lower
Abdomen

Pelvis





If you feel inspired check out.....

Creative Therapy Consultants- NTMTC (2 year certification)

International Association of Infant massage (IAIM)

Certified educator of infant massage (CEIM)

International Loving Touch Foundation (CIMI)

Liddle Kidz Foundation- Tina Allen, LMT her program is

Certified Infant Massage Teacher (CIMT)



Final Thoughts





Thank you for
your time and
participation



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Have a happy OTAC conference

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Brain Break

