

WHAT ARE THE BENEFITS OF BABY MASSAGE?

FACTSHEET NINE



Congratulations!

Having a baby is such an exciting time and you might hear a lot about baby massage but not know why it's so important. We've created this factsheet with you in mind. If you still have any further questions, do email us at:

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WHAT IS BABY MASSAGE?

Touch is the first sense to develop in utero and the last to leave us.

Infant massage is the 'language of touch' and involves the stroking of an infant using a variety of specialised massage techniques designed for babies.

The History of Baby Massage

Infant massage is an ancient practise used in Asia and the Pacific Islands for thousands of years. In 1978, an American lady called Vimala McClure formulated a routine based on Indian and Swedish Massage after observing massage being used regularly in an orphanage in India.

Baby massage is now practiced in over 70 countries around the world.

"Touch meets a baby's needs for physical contact, affection, security, stimulation, and movement" – Vimala McClure

Benefits of Massage to the Mother

- gain confidence in handling their baby
- increase awareness of their baby and their needs
- provide deeper bonding and communication
- help parents read, understand and respond appropriately to baby's non verbal cues
- allow time to relax the person doing the massage
- can help reduce risk of Postnatal depression
- meet other parents in a relaxed environment and share experiences. You're not alone!!

WHAT ARE THE BENEFITS OF BABY MASSAGE?

Benefits of Massage to the Baby

Massaging your baby can:

- increase levels of relaxation and help sleep
- boost immune system
- help reduce wind and colic symptoms
- improve weight gain and a more stable heart rate in premature babies
- ease teething pains
- help congested babies.
- help your baby feel securely attached
- reduce crying and emotional distress

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Where to find out more

You can find out more about infant massage and local instructors on the International Association Of Infant Massage website:
<https://www.iaim.net/>

Anne Nash, of Edinburgh Baby Massage, is a Certified Infant Massage Instructor with the International Association Of Infant Massage. **She runs welcoming and relaxed 5 week courses in her home** in South Edinburgh (in front of the fire!) with home baking and a complimentary gift voucher for mum with every course booked. An extra session for partners is also included.

To book contact Anne at:
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www.edinburghbabymassage.co.uk