

What is Infant Massage?

Infant Massage is an ancient tradition in many cultures that has recently been recognized for its physical and emotional benefits to babies and their families.

Research confirms the importance of **nurturing touch** and a secure, loving environment in the healthy growth and development of babies and children (Dr. Tiffany Field, Touch Research Institute, Univ. of Miami Medical Center).

Parent-infant **bonding and attachment** is reinforced when compassionate touch is deliberately introduced to foster secure relationships. (Dr. Stephen Bavolek).

Current findings on **early brain development** reveal the benefits of nurturing touch as an integral part of baby's early life, and the unfortunate results when this early attention is lacking (Dr. Bruce Perry).

Parents report increased **confidence** in caring for their baby after infant massage instruction. **This infant massage program is effective with teenage parents, foster and adoptive parents, homeless families and parents in recovery.**

Benefits of Infant Massage:

- Encourages secure attachment.
- Helps parents understand their baby's unique language and cues.
- Reduces baby's stress and irritability.
- Enhances weight gain and development in premature infants.
- Establishes a nurturing routine of positive touch for families.

Certified Educator Training

Who should attend?

Anyone involved with the health and well-being of families, including nurses, early childhood specialists, infant mental health professionals, massage therapists, childbirth educators, physical and occupational therapists.

The **four-day course** incorporates lecture, discussion, video presentations, and a practicum experience with three **parent-baby classes**.

Participants receive the books *Infant Massage: A Handbook for Loving Parents* and the *Infant Massage Instructor Handbook*.

Requirements to become a **Certified Educator of Infant Massage (CEIM)** include participation in the four-day workshop, completion of practice-teaching with five parents and successful completion of a written exam.

Training Objectives:

- Discuss current research on the effects of touch and infant massage
- Describe the benefits of infant massage for both parents and babies.
- Demonstrate skill in observing and guiding parents' responses to their infant's cues during massage.
- Assist parents to adapt massage for infants who are newborn, premature, or have special emotional or developmental needs.
- Adapt massage for the growing child.
- Demonstrate effective facilitation skills during group and individual instruction.

Infant massage based on the work of Vimala McClure

The infant massage process taught in this training is based on the pioneering work of **Vimala McClure**, author of *Infant Massage: a Handbook for Loving Parents*. This infant massage program is currently being taught in over **40 countries** worldwide.

Participants receive in-depth training in the implementation of infant massage instruction. This is a **parent education program** based on **family strengths** using **nurturing touch** and **massage** to promote the physical and emotional well-being of babies and young children. Parent instruction occurs in small parent-baby classes, in private sessions or in community parenting programs.



Infant Massage Trainer

Juliana Dellinger-Bavolek, M.S. is a parent educator who has taught infant massage to families and professionals for over 21 years.

Her primary interests relate to social and emotional development during infancy and early childhood, with special focus on the effects of massage and nurturing touch on the parent-child attachment relationship.

Juliana is co-author of the nationally recognized *Nurturing Parenting Programs*, and frequently consults with agencies and programs throughout the US.

Registration Process:

Training Dates

Sept. 16-19, 2008

9:00 a.m. – 4:30 p.m.

Location:

TIFFE

615 Piikoi Street, Suite 105

Honolulu, Hawaii 96814

How to register:

Send a registration form and payment by check or credit card to:

Family Nurturing Center

146 Windover Drive

Asheville, NC 28803

Telephone: 828-776-4440

Fax: 828-684-0944

Email: julianadb@aol.com

Web: www.infantmassageusa.org

www.nurturingparenting.com

Cost:

Early Registration: \$625

(Received by September 1, 2008)

Late Registration: \$650

(Limited to 20 participants)

Confirmation of attendance and details about the training will be sent upon receipt of registration form and payment.

Continuing Education: 28 CEs

The program is approved for 28 continuing education contact hours (CEs) for nurses and massage therapists. There is a \$15 processing fee.

Infant Massage

Instructor Certification Training

Sept. 16-19, 2008

Honolulu, Hawaii



*“Infant Massage...
for a better beginning”*

Sponsored by:

*The Institute for
Family Enrichment (TIFFE)
(801) 596-8433*

And

*The Family Nurturing Center
(828) 776-4440*

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