

Chapter 1 : Ayurveda for Kids

Loving touch and bodily contact is essential for the healthy development of babies and toddlers. The author of this book explains when massage can help and shows the connection between tactile stimulation and physiological reactions in children.

In one study 28 adolescents with ADHD were provided either massage therapy or relaxation therapy for 10 consecutive school days. The massage therapy group, but not the relaxation therapy group, rated themselves as happier and observers said they fidgeting less following the sessions. After the 2-week period, their teachers reported more time on task and assigned them lower hyperactivity scores based on classroom behaviour. The children were randomly assigned to a wait-list control and a massage group. The latter group received massage therapy for 20 minutes twice per week over the course of one month. Mood state improved for the massage but not the control group based on smiley face and thermometer scales. The massage group also improved in classroom behavior in the areas of anxiety, daydreaming and hyperactivity. Results show that massage therapy benefited children and adolescents with ADHD by improving short-term mood state and longer-term classroom behaviour. Although the numbers in these studies were small, the positive results were significant enough for me to gain more confidence in continuing my research for the presentation. It came as a surprise to me that around two thirds of children with ADHD also have other developmental disorders and learning difficulties such as Autistic Spectrum Disorders and Bipolar. Parents at the conference looked tired and grateful for the chance to share experiences and information. The speakers introduced helpful tips and suggestions and answered questions about coping with sibling rivalry, creating structure in the day, getting a child to sleep at night and controlling symptoms through medication. The need for parents and children to develop resilience and coping strategies was one of the key messages of the day. My Presentation "Healing Touch for Children" An audience of around 20 parents and health professionals gathered to hear my workshop. We began by looking at the power of touch over different cultures and generations and I was able to show a photograph of Indian women massaging each other in the home. There was much agreement about touch being an intuitive, comforting response during difficult and stressful time. And this led naturally to a discussion of the scientific research into the power of touch for children with ADHD conducted at the Touch Research Institute in Miami see above. The research is supported by the work of Kerstin Uvnas-Moberg, a Swedish researcher and author of *The Oxytocin Factor, Tapping the Hormone of Calm, Love and Healing* who believes that the feel-good effect of touch is linked with the release of oxytocin and other mood-enhancing chemicals during gentle massage. Although research is still on-going, Kerstin suggests that this release of oxytocin into the bodies of those giving and receiving gentle touch could be one of the reasons why touch has such a positive impact on bringing feelings of calm, empathy and harmony to the atmosphere. Parents had many sceptical questions about this programme in relation to children with ADHD. And one father told us that his son had enjoyed massage in school so much that he asked his Dad to give him a sleepy massage whilst they read stories at bedtime. And it worked "his son was now sleeping much better at night and he feels that the massage has helped build a stronger emotional bond between them. Experiencing Positive Touch It was now time for a demonstration of Story Massage followed by hands-on practical in the room. A few of the parents were reluctant to join in, but they were very happy to observe and ask questions. We all noticed the sense of calm descend on the room during the short 5 minute massage and parents were enthusiastic about discussing ways in which they could use some form of story massage with their own children, to suit their own particular needs. We talked about starting slowly and gently, maybe with a simple stroke on the back at bedtime. Keep the massage time short and frequent "through clothes if that is easiest. We also looked at some of the self-help massage and reflexology moves suggested in my book *Healing Touch for Children*. I created a story about snow, rain and wind in Australia, with bewildered kangeroos and kuala bears wondering why there had been such strange weather happening in their normally sunny country. And this morning when I reminded him about the massage, a full smile came to his face "so rarely do I see this with a child who has so many challenges to deal with!

Chapter 2 : Healing Acupressure Points for Kids and Babies

The Paperback of the Healing Massage for Babies and Toddlers by Julia Woodfield at Barnes & Noble. FREE Shipping on \$ or more!

Sign up now Infant massage: Understand this soothing therapy Looking for ways to relax and bond with your baby? Understand when and how to give an infant massage. Infant massage is a way for you to gently nurture and spend time with your baby. Find out about the possible benefits of infant massage and know how to get started. What are the benefits of infant massage? Research suggests that infant massage can have various health benefits. For example, infant massage might: Encourage interaction between you and your baby Help your baby relax and sleep Positively affect infant hormones that control stress Reduce crying Although further research is needed, some studies also suggest that infant massage involving moderate pressure might promote growth for premature babies. When should I massage my baby? Massaging your baby too soon after a feeding might cause your baby to vomit “ so wait at least 45 minutes after a feeding. If your baby has a steady gaze and appears calm and content, he or she might enjoy a massage. If your baby turns his or her head away from you or becomes stiff in your arms, it might not be the best time for a massage. Once you start massaging your baby, when and how often you massage your baby is up to you. You might give your newborn a daily massage. Your toddler might enjoy a massage at night as a soothing part of his or her bedtime routine. How do I massage my baby? Infant massage involves a little preparation and some basic techniques. Create a calm atmosphere. If possible, do the massage in a warm, quiet place “ indoors or outdoors. Sit comfortably on the floor or a bed or stand in front of the changing table and position your baby on a blanket or towel in front of you. Place your baby on his or her back so that you can maintain eye contact. When you first start massaging your baby, use a gentle touch. Avoid tickling your baby, however, which might irritate him or her. As your baby grows, use a firmer touch. Finally, with your baby either on his or her back or stomach, repeat the rubbing motions for another five minutes. Talk to your baby throughout the massage. You might sing or tell a story. Watch how your baby responds. If your baby jiggles his or her arms and seems happy, he or she is likely enjoying the massage and you can continue. If your baby turns his or her head away from you or appears restless or unhappy, stop the massage and try again later. Should I use oil? Is infant massage OK for babies who have health issues? The doctor can help you determine if massage is appropriate. It might take a few tries before you and your baby get the hang of infant massage. With a little practice, infant massage can be a healthy way for you and your baby to relax and bond.

Chapter 3 : Infant massage: Understand this soothing therapy - Mayo Clinic

A great blend of information weaved into a wonderful massage for babies. This book is well written, easy to understand, thought provoking and educational. The words are well spoken and the pictures speak volumes.

It will help you relax and relieve stress. Types of massage for children If something can boast at present is the large number of proposals in a matter of massage and alternative health for baby and toddlers. There is a wide variety of massages, and as we said, you do not need be an expert, but as in everything, the more you know the more you can help your baby. Here are some techniques to give you an idea of where you would like to apply to your baby: The method of butterfly wing: This method is derived from the bioenergetic therapy. This massage is especially suitable for children or babies of four months, since the massage is applied in a stronger and more rhythmic way. Reflexology Digipuncture Friction Games and stories on the skin: This type of massage physical contact is accompanied by narratives stories. This type of massage is extremely effective in helping the babies from a very early age to develop their attention, their imagination and creativity. In addition, this massage is to develop the basic principles of language. This type of massage is indicated for children with some deficiency or condition. In this case, it is recommended the guidance and instruction from a professional. Massage for babies of three months and beyond: Here are a type of massage very easy to implement and which you must follow to the letter instructions as the massage is really something enjoyable and beneficial for your baby. Pressure and patience Before you begin, you need to know how much pressure you should put into the massage. For this, put your fingers on the eyelids and gently massage eyes. This way you will know the level of pressure that you must print the body of your little baby. It is very important that if you perceive in a hurry or impatient time, try to relax or suspend the massage when you find a more appropriate time. Never give your baby a massage on a bad mood or in a hurry, they should always feel your patience and tenderness. In small areas like the cheeks, fingers or feet, use your fingertips to gently press and in the larger areas like the back, forearms and legs, use your hands to massage. The movements must always be slow and rather cherished. Use soft oil used as grape seed or that are special for this step. Then, down to the chin and continue until neck with you reach the arms. You can start at the shoulder area and go down gradually until you get to the wrist and hands. In the palm of your hands, make a circular pressure with both fingers, which move across the palm of your hand, turning off when needed to each finger. Finally, let your child press their hands with your thumbs and close and open the arms like a butterfly. Then up and down, without pulling too much and then down. You can toggle quickly up one arm while the other low. When you are massaging the back is necessary that the baby is face down on a firm surface. It is most likely to lift the head, let down a bit, is very beneficial for strengthening the neck and back. Reach the feet and tighten gently caring to go through all their fingers. Then, flex the knees and gently press the thighs against the body. Do not forget, prior to each massage, wash your hands very well, and if you want, add a bit of music like Bach or Mozart for good environments. We recommend you read:

'A beautiful and useful book that gives a comprehensive account of healing massage, beginning with the birth process and following through the various phases of early development.'

Use all essential oils at your own discretion. These oils are less of an issue as part of a blend but typically can be substituted with a more gentle oil from the list above. Above all, always use your own discretion, experience and resources in making these choices for your child. Safety Tips Babies and children should never take oils internally. Save internal use until they are at least years old. Keep oils out of the reach of children at all times. Use only gentle oils, well diluted, on the face when needed see teething tips below Common Baby Issues and Solutions: Apply every mins until their tummy is settled. After all, learning to roll, crawl and walk can be precarious sometimes! I like to use a glass spray bottle for this. You can also use the diluted oils on a cotton ball placed in the ear – use a bandaid to help keep it in place. Dilute Melaleuca and Lemon and apply to the chest, back and feet several times an hour. Is Eucalyptus safe for children? Of course, these excessive amounts are well beyond the normal usage range. I still recommend the most gentle oils see above for tiny babies but as they get older, Eucalyptus is an extremely useful oil to have in your mama arsenal. Is Peppermint safe for children? See link in 1. Personally my body is more sensitive to Peppermint than others so I chose to wait until my daughter was over 2 to use it as a single oil. And honestly, we just never needed it. There are so many other great oils that are less strong in aroma but still very powerful for the immune and digestive systems. I recommend using Peppermint, or blends containing Peppermint, on the bottom of the feet for little ones and avoiding use near the face to avoid irritation. I, therefore, recommend diffusing gentle oils like lavender, lemon and frankincense for tiny babies. They are just gentler for the respiratory system. To repeat, choose gentle oils. Make sure the room is well-ventilated so the oils are not too potent in the room. If you walk in and it seems very strong to you then its probably more than you need for your little one. Cut paper towel roll in half with a serrated or electric knife. Use half the roll now, and half later. Combine water, Fractionated Coconut Oil, and essential oils in a small bowl. Pour the mixture over the paper towels and then cover with the airtight lid letting the mixture absorb for 10 minutes. Turn the container over and let sit for another 10 minutes. Remove and discard the cardboard middle. Just pull the wipes from the center when you are ready to use. Store in container of your choice. For on-the-go wipes, insert wipes into travel size wipe container. After all, we love them! Choose a gentle oil for your little one and they will also love it. I am a mom, not a doctor. This blog post is my opinion and no part of it is intended as medical advice. Visited , time, visit today Have questions? Need help deciding whats best for you? I look forward to working with you!

Chapter 5 : Story Massage for Children Training | Mary Atkinson

Julia Woodfield is a trained masseuse specialising in baby massage. She has taught yoga and is also a qualified herbalist. She teaches baby massage in hospitals and nursery schools, and worked with Dr Ruth Rice, researching the scientific effects of baby massage on the child.

Studies on Reflexology, Acupressure and Acupuncture Important Acupressure Points for Babies and Kids By Bipasha Mukherjee 5 Comments Your baby is your bundle of joy, and you would do anything to provide relief and comfort for your little one. But there are certain physical problems in babies that are quite different from adults and so is their treatment. But, of course, painkillers cannot always be administered to kids in order to provide instant relief. In most cases, such pains and discomforts can be effectively relieved with the nourishing and soothing touch of acupressure and reflexology that balances the flow of qi through the meridians.

Steps to Prepare the Baby for the Acupressure Session

Acupressure is a simple and holistic way to provide relief from the pains and aches experienced by babies during the process of growing. The child will benefit from the nourishing Qi, whatever might be the problem. The perfect time to administer acupressure is while bathing, massaging, nursing or dressing the baby for bed. Because infants respond promptly to acupressure, so short sessions of 10 to 15 minutes are good enough for babies. Squeeze the arms and legs of the baby in a gentle manner; stretching is not required for infants. Identify the acupressure points you want to use and massage them gently, in small circular motions with very light pressure. Be extra careful will putting pressure on these points, a light, soothing massage is enough. You will find your baby calmer and comfortable after you finish the acupressure session.

Acupressure Points to Relieve Colic

Colic is defined as a condition where a normal healthy baby cries for more than 3 hours at a stretch on at least 3 or more days of the week, and this continues for 3 weeks. These important acupressure pressure points can help in relieving colic conditions in a soothing and gentle way.

LI2 LI 2 or Large Intestine 2 is also known as the Second Interval, and this acupressure point is located on the outside of the index finger, on the joint where the finger meets the hand. Other than relieving colic in babies, this point is also used to treat eye disorders , toothache, sore throat and gum inflammation; It is also useful for reducing heat from the body.

B47 B47 or Bladder 47 is one of the important acupressure points for babies that help in soothing and comforting the restlessness of colic. In adults, this point can be used to relieve chest congestion and breathing problems, diarrhoea and vomiting. It is also a local point for back pain.

K3 K3 or Kidney 3 is an extremely important point in acupressure that is used to treat a wide range of problems. It is also known as the Great Ravine, and this point is extremely beneficial for pacifying a colic baby. In adults, this point is used to treat male infertility, lumbar pain, irregular menstruation, headache, vision problems, toothache, asthma, cough, sleeping disorders and diabetes.

HP3 HP3 or Crooked Marsh is yet another useful point in acupressure and acupuncture treatments that is useful for both babies and adults. This point can be found in the elbow crease, towards the inside of the bicep tendon. This point helps in relieving the pain of colic. In addition, it can also be used to treat anxiety and stress , chest discomfort and stomach discomfort. It is also a local point for arm and elbow pain.

Lv3 Lv3 or Liver 3 is essential acupressure point for both babies and adults that address a wide range of health issues. This point is also called the Great Rushing, and it is situated on the fleshy webbing between the big toe and the second toe, on top of the foot. It is a useful point for treating insomnia, digestive disorders, PMS issues, eye problems, headaches and dizziness. It is considered a one-stop healing point for all problems. The pain and discomfort in the gums can be relieved considerably with the help of these acupressure points. This point is located on both arms, on the outer side of the forearm, three fingers above the wrist crease. It soothes and diminishes gum pain in babies during teething. It is also useful for boosting the immune system. It is a local point for relieving wrist pain as well as shoulder pain.

Lu9 Acupressure point Lu9 or Lung 9 is also called the Great Abyss, and this is a useful pressure point for alleviating teething pain in babies. This point can be found on the palm side of the wrist crease, under the thumb. This is an effective pressure point for treating asthma , cough, runny nose and palpitations. It is also an important local point for wrist pain.

Li4 Li4 or Large Intestine 4 is undoubtedly the most important acupressure point that is used for all kinds of pain, so no doubt it will be useful for gum pain in

babies as well. This point is also called the Union Valley point, and it is located in the fleshy webbing amid the index finger and the thumb. It can relieve headache, body aches, breathing problems, dizziness, cold and fever, PMS problems and arm pain. It can induce labor; therefore, pregnant women should abstain from stimulating this pressure point. Li11 Li 11 or Large Intestine 11 is a well-known acupressure point that is located on the hand. It can be found at the top of the elbow crease, at the edge of the joint. This point is also known as the Crooked Pond, and it helps in relieving teeth pain and high fevers. In adults, it can be used to treat skin diseases, pain and inflammation and tennis elbow. St3 St3 or Stomach 3 is a popular point in acupressure treatment that is located on the face. It is also an important baby acupressure point to treat gum pain caused by teething. This point is also called the Great Bone Hole, and it is located on the outer side of the nostril, along the cheekbone, on the lowest point on the bone. This is a local point to relieve toothache, facial paralysis, swelling of lips and cheeks and twitching of eyelids. SI18 SI18 or Small Intestine 18 is another local acupressure point to relieve toothache and gum discomfort in both babies and adults. This point is located right below the outer canthus, in the hole at the lower border of the zygomatic bone. This point is useful for relieving twitching of eyelids, facial paralysis, toothache and swelling of cheeks. Acupressure Points to Induce Sleep Restful sleep is extremely necessary for proper growth and development of the baby, but babies can lose sleep due a number of reasons ranging from tummy aches and pains to overstimulation. These selective baby pressure points can be used to calm and pacify fussy babies by smoothing the qi flow through the meridians. GB20 GB20 or Gall Bladder 20 is one of the most significant acupressure points for kids that help in enhancing the release of endorphins that promote restful sleep. This point is also known as the Wind Pool, and it is located on the ridge of the occipital bone, midway between the ear and the spine, between the two joining muscles. This point is also useful for treating fevers, stiff neck, vertigo, headaches, eye problems, shoulder and upper-back pain. Sp4 Sp4 or Spleen 4 is an important acupressure point that helps in soothing and calming the discomfort in babies so that they can enjoy restful sleep. This point is also known as the Grandfather-Grandson, and it is located on the inner side of the foot, one chon behind the base of the big toe. This point can help in relieving abdominal pain, food poisoning, menstrual problems, heart and chest pain and insomnia. Sp6 Sp6 or Spleen 6 is yet another effective point that is widely used for acupressure and acupuncture for kids in order to promote nourishing sleep. This point is also called the Three Yin Crossing, and it is situated three finger width above the inner ankle bone. This is a vital acupressure point and in adults it can be used to treat menstrual problems, infertility, digestive disorders, skin diseases, insomnia, headache and dizziness. H5 H5 or Heart5 is an important acupressure point on the hand, and it is also called the Connecting Palace. This point is positioned on the palm side of the hand, one chon above the wrist crease, under the little finger. Stimulating this point on both hands helps in balancing the qi flow and promoting sleep. This is a local point for wrist and arm pain and is also useful for treating dizziness, palpitation, blurred vision, the stiffness of tongue and nervousness. HP4 HP4 or Crevice Gate is another beneficial acupressure point for relaxing and soothing the baby and inducing sleep. This point is situated on the palm side of the arm, halfway between the wrist and the elbow, one chon towards the wrist, aligned with the middle finger. This is another useful local point for lower arm pain. So, now that you know the specific acupressure points that can be used to ease the discomfort, pains and aches in your kids and babies, try them during the nap time and let them experience the soothing touch of the healing.

Chapter 6 : Massage for babies and toddlers

Massage for babies of three months and beyond: Here are a type of massage very easy to implement and which you must follow to the letter instructions as the massage is really something enjoyable and beneficial for your baby.

With greater societal acceptance of complementary therapies, many more doors have opened for massage therapists. I went through one of those doors when I became a certified infant massage instructor in the Perinatal and Neonatal Units at St. This is my story. Most massage therapists are used to working in relaxing and soothing surroundings. Therefore, making the transition into an impersonal environment typical of most hospitals requires patience. The venture can be challenging, particularly if you are the first massage therapist the hospital has brought on board, as was my case. Integrating into a hospital setting can make any massage therapist feel like the Lone Ranger, yet those sentiments are quickly overcome by experiencing the impact one can have on the lives of patients and their families. This is compounded even more when working with expectant mothers and their newborns. Knowing you are able to bring comfort to these families through the simple act of touch is a great feeling. However, though the role of the massage therapist in the perinatal and neonatal fields is rewarding, it can also be emotionally draining since you are working with people who are experiencing either a high-risk pregnancy or have a premature or ill infant. Because many of the patients I interact with are in the hospital for quite some time, it is easy to become emotionally involved. That can be difficult when working in a setting where life and death occur on a daily basis. Perinatal Massage Therapy For most women and families, pregnancy is a time of great joy and anticipation. Plans for the nursery and excitement about the upcoming birth abound. For some families, however, this is not the case. Approximately 20 percent of pregnancies are considered high-risk, and of those patients, many will be on bed rest either in the home or the hospital. This turn of events can be devastating – not only emotionally, but in many other ways. There may be financial concerns, issues regarding other children at home or the patient may live too great a distance from the hospital to have family and support people readily available. Along with the physical act of massaging, however, comes the additional role of listening and being sensitive to the situation these mothers and their families are experiencing. Over the years, I have worked with scores of women who were on bed rest and had a happy outcome when they finally delivered their babies. I have also worked with many when the outcome was not as positive. There have been times when women for whom I have provided massage deliver too early and the baby has died. There are also women whose babies have not died, but have experienced serious complications with potentially life-long effects. Since I often come to consider these women friends while working with them on the unit, this can be emotionally draining for me as well. Most health care workers learn how to separate themselves from their patients so as to remain objective when there is a sad outcome. However, my experience as a massage therapist had in no way prepared me for dealing with these types of situations. As an example of the relationships I make with the patients, I recently had a fun experience while working with a woman named Shelly who was on bed rest because she was carrying triplets and had experienced pre-term labor. Shelly had been on the unit for about two weeks when we started talking about a project on which I was working with my sister-in-law who also was pregnant. I told Shelly I had done a belly casting of my relative as a remembrance of her pregnancy. Shelly said something she missed by being on bed rest in the hospital was not being able to do some of those fun things moms do in the last trimester. This was even more of an issue because this pregnancy would likely be her only pregnancy. Because I had grown very comfortable with her, I offered to do a casting of her belly while she was in the hospital. With the help of many wonderful staff members in both the OB Comps Unit and the Intensive Care Nursery, I have learned to be sympathetic without being too empathetic. However, this is something I still struggle with on an almost daily basis. The emotional impact of the situations you experience working in this type of environment should not be underestimated, and should definitely be a consideration when evaluating your entry into this field of massage therapy. Women on bed rest can experience a lot of physical discomfort from being supine and having their movement restricted. Common complaints involve the upper and lower back and the hips. When providing massage to women on bed rest, I have them lie on their side, turning to the other side halfway

through the massage. I use a paraffin-based, lavender-scented massage oil specially formulated to soak in quickly and not leave an oily residue. Depending on the reason for the bed rest, some women are unable to shower, so this oil keeps them from feeling greasy after their massage. The lavender scent is also nice for inducing relaxation and helping to lightly scent their hospital room. However, published medical literature regarding the effects of massage therapy on perinatal outcome is very limited. I work on their feet and hands, being careful not to put pressure on the reflexology points which could potentially induce uterine contractions. I tell patients before we start that this is their time to relax and focus on themselves and not to feel like they have to talk. For some, however, talking is a way of expressing their fears and concerns. Training in pregnancy massage is available for massage therapists through several different providers. Working in the perinatal environment is not for everyone, but for those inclined to investigate it, I encourage the effort. There is a tremendous amount of job satisfaction when working with this population and it is an area I believe will continue to increase in popularity as awareness regarding its benefits grows in the general population and medical community. One of the mothers I had been working with delivered her baby at 35 weeks 40 weeks is the normal gestation period. Having experienced the benefits of massage therapy for herself, she was anxious to provide her baby with massage as well. At that time, I had been certified in infant massage instruction by Deanna Elliott and the International Association of Infant Massage, but I was only trained to work with well-term babies. With the help of the wonderful ICN staff at the hospital, I was given information about premature infant behavior and behavioral cues. By combining this with my knowledge of touch and massage therapy, I modified the massage I would do on a term infant into one that was physically and developmentally appropriate for a pre-term infant. Tender Touch is a parent education touch therapy program that provides instruction in hand containment, skin-to-skin care and infant massage therapy. Tender Touch began in as a pilot program serving a small percentage of the patients in the ICN. It has evolved into a comprehensive touch therapy program that includes 75 percent percent of the ICN patient population. Of that group, approximately 50 percent percent will participate in infant massage during their hospital stay. The class covers such topics as the importance of touch for hospitalized and premature infants, research supporting touch therapy, and sensory development. We also talk about stress and overstimulation, its effect on their baby, and how they can help the infant cope with his new environment. Touch therapy is very important for these babies, yet it is still considered to be a more progressive approach than traditional care. Remember, the third trimester is a period of immense growth and development for the fetus. When babies are hospitalized, they experience several different types of touch. One of those is negative touch – anything that is painful, invasive or uncomfortable. The other main type of touch the baby receives is positive touch. This is generally provided by the parents and is any touch that is loving, nurturing, soothing or comforting. Because a baby is hospitalized, he will necessarily experience negative touch. However, by balancing the negative touch interventions with positive touch, the baby is less likely to suffer long-term problems, such as tactile defensiveness or touch aversion. Both of these are conditions that arise when there is an overabundance of negative touch without the balance of positive touch; it basically means the baby or child does not like to be touched. This can be in a specific area, such as the heels or around the mouth, and is caused because of negative experiences in these areas – heel sticks, being ventilated or in extreme cases, a total dislike of touch on any part of their body. As one can imagine, this can be a problem with lifelong consequences for the baby and his family. Technological advances in neonatology are enabling smaller and sicker infants to survive being born prematurely or being born very ill. However, the philosophies regarding the best way to socially and developmentally care for the infants are still areas of great debate. Premature births also continue to rise as fertility drugs create multiple births. Also, the overall stress of our society can be a contributing factor in the occurrence of pre-term labor and other complications. According to the National Center for Health Statistics, the rate of twin births since has risen 37 percent and the rate of triplets, quads, etc. When you consider most of these multiple births will not go to term, it is easy to understand why this area is one of many important discussions in the medical community. For a number of parents, the only type of touch they will be able to initially experience with their baby will be hand containment because their baby will not be able to be picked up and held. By learning the proper hand positioning, pressure and timing of the hand containment, parents are much more likely to have

good interaction with their baby, in turn helping to increase their parental confidence and promoting the bonding process. The issue of bonding concerns most parents of a hospitalized infant. Because they are physically separated from their baby, they may have a difficult time bonding and attaching to the infant. If the infant is critically ill, there may be a delayed bonding on the part of the parent because of the fear the infant might die, making the experience much harder to bear. Working with parents of hospitalized infants is very different because of issues such as these. Learning about the dynamics of parenting a premature or ill infant is critical to anyone who is going to be in the ICN environment. For many parents, this is the worst thing ever to happen to them and understanding this can help the therapist have better communication with the families. Being able to educate families about these aspects of parenting a premature infant means a therapist who chooses to work in this environment must also be educated in many areas of premature infant behavior. The therapist must be aware of how different types of touch impact these hospitalized infants and how to touch them appropriately. When I was beginning my work at St. Much of my knowledge was gained as I worked together with the developmental specialists in determining the optimal touch therapy interventions. Most of the time, the first type of touch a parent has with their infant is hand containment. In hand containment, the parent is able to surround the baby with their hands; in essence, recreating the boundaries the baby had in utero, while helping the baby maintain the fetal position that is so important in maintaining stability. Hand containment is also something the parents can provide to the baby after a procedure or any time the infant needs help in getting calmed or soothed. Skin-to-skin, or Kangaroo Care, is the next step in the progression of touch. The benefits to the baby and parent of this simple method of holding are enormous. Babies have improved oxygenation, better quality sleep and easier temperature regulation than when they are held in a blanket. A recent study conducted by Legault and Goulet compared blanket holding and skin-to-skin holding with isolette incubated babies and found the skin-to-skin method was the preferred method of holding in regard to infant stability and maternal satisfaction. Mothers report feeling an increased sense of well-being and fulfillment; this in turn leads to increased feelings of parental competency. In addition, if the mother is breastfeeding, it also helps to increase milk production and length of breastfeeding. Once they begin infant massage, they begin touching the baby in a very body specific manner, which previously tended to be associated with procedures. By replacing the negative connotation of this specific touch, the massage also helps to reduce any tactile aversion the baby may have developed during the course of his hospitalization.

Chapter 7 : Massage Therapy for Children with Autism | by Tina Allen | Liddle Kidz™

"Healing Massage for Babies and Toddlers This book is in good or better condition. It has no tears to the pages and no pages will be missing from the book. The spine of the book is still in great condition and the front cover is generally unmarked.

Autism is also characterized by early onset of a lack of attachment, the failure to cuddle as an infant, and an almost complete disassociation with the environment. The lack of communication between parent and child is one of the most heart wrenching effects of this condition. An autistic child typically does not express any words of love, share hugs or show any facial expression in response to pleasure. According to the National Institute of Mental Health, as many as half of all autistic individuals remain mute throughout their life. For those who do develop verbal language, some use it in odd ways, repeating what they hear, using single words or failing to structure complete sentences. The autistic child lacks the ability to make requests for his needs or to respond appropriately to his environment. It has been long believed that an autistic child is incapable of forming attachment. However, research has concluded that these children do attach to their parents, but still remain incapable of acting on this attachment or responding appropriately. Many autistic children have sensory malfunction and dysfunction of the tactile system making them averse to certain sights, sounds, smells or touch. Given that autistic children have been reported to be opposed to physical contact, it is interesting that many massage therapists, and parents, are finding great success in the use of massage therapy with autistic children. Research has found that these children show less autistic behavior, are more social and attentive after receiving massage therapy. This safe, nurturing touch and regular sensory integration is beneficial in reducing inattentiveness, touch aversion and withdrawal. Not so commonly known, many autistic children have significantly lower levels of Oxytocin. Oxytocin is a hormone which is associated with emotional connections and feelings of love. It can cause feelings of warmth and relaxation and a decrease in stress. Numerous research studies have proven that Oxytocin is released in our bodies during, and after, receiving nurturing touch. A study reported that oxytocin helped autistic individuals retain the ability to evaluate the emotional significance of speech and also showed a decrease in autism spectrum repetitive behaviors. Many children with autism have problems establishing a regular sleep pattern and in remaining asleep through the night. The relaxing benefits of massage and touch therapy contribute to more restful sleep, including less sleep disruption and longer sleep duration. Through the use of massage therapy, our basic human need for safe, nurturing contact is met with often wonderful results. For children with autism, it provides not only a positive experience of being touched, but the effects hold lifelong benefits. Specially trained Certified Pediatric Massage Therapists Massage may be a supportive therapy that can be readily applied, most effectively by specially trained massage therapists or by parents who have learned massage techniques from a skilled, educated massage therapist. Pediatric massage and nurturing touch are the most appropriate massage techniques to use in this population. When using massage therapy for children with cancer, your work does not need to be aggressive to achieve its maximum potential.

Chapter 8 : Baby Massage - Belvedere Integrated Healing Arts: Relief, Recovery, Resilience

Use of healing touching and massage with your baby is a powerful way you can communicate your love and caring. Massage creates feelings of security, comfort, and body awareness within your baby. This supports their emotional and physical development, enhances sleeping and feeding, and strengthens the bond between you and your baby.

Story massage is a fun and interactive way of enjoying positive touch through story telling and simple massage strokes. Everyone can join in, whatever age or ability. Once upon a Touchâ€¦Story Massage for Children. If you would like to see story massage videos and read updates about story massage projects around the world then please visit the Story Massage Website. What does Story Massage training involve? Ten simple massage strokes form the basis of all our stories. We will teach you these strokes and then work with you to create some massage stories of your own. This will help build your confidence with using story massage in the way that most suits you. During the training there will be plenty of opportunity to ask questions and share ideas with others. It is fun and interactive, just like story massage! Who can benefit from Story Massage training? We can tailor your training to suit your particular needs. The sessions also provide excellent continuing education for already trained MISP Massage in Schools Programme instructors who wish to have more ideas for stories and massage. What is the most suitable training option for you? We offer in-house training for: There are also regular trainings scheduled for individuals wanting to use story massage in the home, as an extension of their work or who simply want to find out more about this simple, fun and easy way to share positive touch activities with children. We are currently planning many more course dates, do keep looking. The course open to everyone who has an interest in positive touch activities for children. It is ideal to add to your work as a therapist, teacher, teaching assistant, physiotherapist, play therapist, care worker or other occupation where story massage could bring benefits to children and adults. It is also wonderful for parents and grandparents wishing to bring creative positive touch activities into the family home. Among the recognised qualifications that fulfill the criteria are:

Chapter 9 : Massage Therapy

Babies and toddlers learn by watching how others behave. If you model clear and consistent boundaries with your partner and your other children, your younger children find out how to behave and have healthy relationships.