

Evolve

Bond With Your Baby Through Infant Massage

Harness the power of touch to build a healthy physical and emotional connection with your child.

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INSIDE THIS ISSUE:

Infant Massage 1

Acupuncture and Seasonal Allergies 2

Infant Massage occurs only between caregiver and infant, while the Instructor acts as a guide talking families through massage strokes, body cues, and behavior states.

Infant Massage has long been incorporated into the daily life of many cultures. If you are a parent you probably find yourself stroking or rubbing your baby when you feel loving emotion. You may also attempt to soothe any discomfort or stress. Infant Massage builds upon natural instincts to promote bonding and help ensure healthy development and growth in our babies.

Infant Massage instruction was founded by Vimala McClure in the late seventies. A trip to India and its orphanages introduced her to the healing power of touch. Upon returning home she was able to practice and devise a massage protocol while researching and recording the effects that massage had on the development and growth of infants.

The goal and intent of Infant Massage is to promote nurturing touch so that babies, parents, and caregivers are loved, valued, and respected throughout the world and local communities. Infant Massage is not meant to cure or treat ailments, though it can provide some much needed relief from growing pains, teething, gas, colic, and constipation.

The main concept of Infant Massage is the promotion of bonding. Studies have shown the importance of attachment and feelings of trust and security are associated with bonding during infancy.



Many developmental psychologists emphasize the first year of life as pivotal for the development and growth of an individual.

Infant Massage helps promote healthy development both physically and psychologically. The benefits for the baby include stimulation of all body systems, muscular development, improved learning ability, sensory integration and help establishing mind and body awareness. Relaxation may be demonstrated by improved sleep patterns, increased environmental coping mechanisms, regulation of behavioral states, reduction of stress levels and hormones, and less hypersensitivity and hyperactivity.

Infant Massage benefits baby and family alike.

It is the benefits of bonding which help establish feelings of love, respect, nurturing touch, empathy and the ability to communicate.

A typical Infant Massage session lasts between 30 minutes to an hour. Time varies because the babies are the ones who lead the session. There are certain behavioral states in which Infant Massage is appropriate or inappropriate. Throughout the session babies may experience several different states and emotions. That's ok! As parents, caregivers, and the Infant Massage Instructor, it is our responsibility to recognize and respond to baby's cues and communication. Infant Massage only occurs between caregiver and infant, while the Instructor acts as a guide talking families through the massage strokes, body cues, and behavior states. Sessions are held either in a group format or in an individual setting.

When practiced in a group, Infant Massage instruction lasts five weeks. If done individually, sessions last three weeks. Each week parents and caregivers learn strokes for a new part of the body while reviewing strokes from previous sessions. Infant Massage is ideal for infants 6 weeks up until pre-crawling age, and adaptations can be taught for children with special needs. Once learned, Infant Massage can be practiced and used throughout life to support and nurture healthy growth and development.

Parents and caregivers also benefit from Infant Massage. It provides the opportunity for quality time between parents, caregivers and baby. For fathers, it is a wonderful way to be involved in the early life of their child outside of changing diapers. Families with other children find Infant Massage to be a wonderful way to include the entire family and

help establish feelings of nurturing touch, love, and respect between siblings, often helping to decrease any feels of jealousy or animosity.

Infant Massage is a great way to help parents understand their newborn's body cues and behavior states. Mothers benefit specifically through stimulation of lactation as well as experiencing a decrease in post natal depression. The best benefit may be when baby's sleep pattern improves, everyone's sleep pattern improves! The benefits of Infant Massage extend throughout development into childhood, adolescence and adulthood. Attachment and bonding can occur at any time throughout the lifespan, helping to establish and improve communication and healthy relationships. To schedule your own Infant Massage Instruction session, call the front desk or even email Stephanie directly at: smaziejka@bodydynamicsinc.com.

Acupuncture for the changing season



After a long snowy winter, the cherry blossoms, growing grass and sprouting leaves are a welcome sight. For some however, this beauty is paid for with itchy eyes, runny noses, and marathon sneezing sessions! If you suffer from seasonal allergies, clear out the problem instead of letting phlegm, accompanying toxins and parasites remain in your body. Many over-the-counter medications offer temporary relief, but is depending on medication something you want to rely on every time you step outside? Several studies have confirmed that acupuncture and herbs are successful in treating allergies, and these natural remedies have longer lasting results with none of the troubling side effects of pharmaceutical drugs.

When allergies are purely seasonal, weekly acupuncture treatments should be started a season ahead to help build up the immune system and treat acute symptoms. Allergies and even asthma can be successfully addressed by controlling inflammation of air passages, thinning mucus in the nose, sinuses and lungs, strengthening the immune system, and preventing food-allergy reactions that can trigger respiratory upset. Instead of keeping your pharmacist on speed dial this spring, visit Acupuncturist Ausra Kaminskas for a remedy that will last season after season.