

INFANT MASSAGE

Meredith Weir IBCLC

- I. Massage is a powerful tool for parents so stay in touch with their children both emotionally and physically.
 - a. emotional benefits of massage - both for parents and child
 - b. physical benefits - breastfeeding diad, other physical aspects

- II. One of baby's basic need is the need to be touched.
 - a. need touch to survive
 - b. massage - nurturing touch in a patterned way
 - c. reinforces breastfeed bond

- III. Parents have a tool to help calm baby.
 - a. great for dads and caretakers
 - b. way to re-connect at the end of the day for working parents
 - c. colic and upset tummies

- IV. Infant massage demonstration
 - a. how to initiate contact
 - b. infant massage strokes using dolls

- V. Infant Massage video

- VI. Questions