

# Infant Massage "Loving Touch Right From the Start"



**By: Jackie King,  
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The gentle art of Infant Massage is a tradition that has been passed from one generation to the next as part of baby caregiving. Some benefits include improved digestion and elimination, increased neurological and motor development and, most importantly, an overall decrease in stress levels allowing for improved weight gain and better bonding between parent and child. Infant Massage consists of various massage strokes, positioning, holding

and stretching techniques taught by a trained professional to the parents or caregivers.

The best time to begin Infant Massage is between two to six months of age, however you may begin at birth. Parents will soon recognize the best time to massage their infant according to the baby's level of alertness. She will soon learn that when Mom or Dad rubs lotion into their hands, a massage is soon on the way.

Touch is as important to an infant as



food. Studies show that infants who are breast fed, carried or massaged routinely are less violent, less aggressive and more cooperative and compassionate. Massaging your baby communicates love, releases tension and will



help you better understand your baby's needs. Massage also helps strengthen the bond between an infant and parent. The best part, you don't need any special skills to massage your baby.

When parents are able to help their child relax, they're able to relax and decrease their own stress levels. Parents who massage their children on a regular basis report a greater sense of understanding of their child, as they have learned to listen not only with their ears, but also with their heart and their hands.

Massage is a wonderful way to teach your child to feel secure in her own body and feel confident to enter the world with little or no fear.

If you're interested in Infant Massage Classes, individual sessions, or know someone who would benefit from Infant Massage classes, please call **Massage Therapy by Jackie King, LMT** at (636)327-3261, or visit my website at [www.messagebyjaking.com](http://www.messagebyjaking.com), for a listing of class times and locations near you.

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