



Benefits of Massage for Baby & Family

Infant Massage may encourage the following benefits:

Bonding

Focused time together with caregiver
Promotes secure attachment,
self-esteem and respect

Relaxation

Heightens sense of well being
Produces Oxytocin

Communication

Provides special time for
communicating verbal and
non-verbal cues

Development

Aids in weight gain
Enhances neurological development

Improves sleeping patterns

Improves blood circulation,
digestion, and inner equilibrium
(balance) Improves muscle tone
Improves cardiac and respiratory
output

Stimulation

Skin-to-skin contact
Aids in sensory awareness
Interaction between caregiver and
baby

Fun

Special time between caregiver and
baby, and provides nurturing
interaction as the baby grows!