

Infant Massage is beneficial for both the caregiver and child. Anecdotal information and Research studies have shown the many positive short term, and long term benefits, of nurturing touch and infant massage, not only for babies, but for their caregivers as well!

It is important that we do not make the claim that infant massage may “cure” or “heal” anything, or that any benefit is absolute. All benefits should be shared as “possible” benefits.

Stimulation

Includes stimulation of the largest organ of the body – the Skin

The nervous system is stimulated and sensory stimulation has been shown to speed Myelination

Stimulates the respiratory, circulatory, hormonal, immune, limbic, nervous, lymphatic and digestive systems

Aids in neurological and brain development

Relaxation

Tactile (skin-to-skin) contact, eye contact and heartbeat all send soothing messages to baby’s system

Aids in balancing the autonomic nervous system

Benefits the parent giving the massage through the release of Oxytocin and Prolactin

Aids in reduction of stress hormones (Cortisol)

Increases baby’s tolerance for stress and relieve tension built-up from exploring and learning

Relief

May help to improve tone of the digestive tract

Assists in relieving discomfort associated with gas, constipation, “colic” and reflux

Aids in increasing motility and moving fecal matter into the bowel for expulsion

Endorphins are released, helping to relieve stress

Interaction

Aids in the bonding process, building trust and intimacy

Aids in communication by providing opportunities for skin-to-skin contact, eye-to-eye contact, tactile stimulation

Caregivers become more aware of baby’s verbal and non-verbal cues

**Infant Massage can also help to maintain a
Baby's health by improving the functioning of
all systems of the body.**

Skeletal

Aids in supporting good posture and balance
Reduces muscle tension that could lead to potential medical problems
Increases nutrient flow to bones

Muscular

Relieves muscle tension and spasm
Increases the flow of blood and nutrients to muscles
Can increase or decrease muscle tone depending upon amount of pressure

Digestive

May relieve constipation
May relieve gas
Reduces water retention

Circulatory

May stimulate blood circulation
May stimulate Lymphatic circulation
Helps strengthen the immune system

Respiratory

Improves breathing patterns
Helps reduce respiratory problems
Relieves tension in the chest allowing the lungs to expand more fully

Nervous

Relaxes and calms baby
Helps baby to sleep
May raise endorphin levels
Provides a safe and easy release from frustration and hyperactive behavior
Vagus Nerve is stimulated influencing food absorption hormones
(Insulin, Glycogen & growth hormone (IGF-1))