



## **Benefits of Massage for Baby & Family**

### **FOCUS: Special Healthcare**

The physical, psychological and emotional benefits of touch therapy for infants and young children have been well documented in published research studies. Equally documented are the effects of touch deprivation for children.

Overall, the evidence that massage and touch therapy provides global benefits to a child's health far outweighs any evidence of negative effects. Some studies show that infants diagnosed with complex medical conditions may find greater benefit from the intervention of massage therapy.

**The following benefits  
have been  
documented in  
published research  
findings:**

#### **IMPROVEMENTS IN**

- Parent/infant interaction
- Weight gain
- Respiratory function
- Sleep patterns
- Pain management
- Long -range behavioral and developmental testing scores
- Muscle tone
- Joint mobility
- Gastrointestinal function (regular bowel movements)
  
- For hospitalized children, we see a decrease in length of stay.