

Benefits of Infant Massage

For Baby

Improves immune function, circulation and digestion

Can alleviate colic

Removes toxicity from the colon rather than letting it reabsorb into the body

Develops symmetry around the midline, establishing balance between right-left, top-bottom

Develops physical dexterity

Develops high sense of self-esteem because the message given with each massage is "you are loved, belong, whole and complete in yourself"

Stimulates release of endorphins

Greatly reduces stress levels

Teaches compassion rather than aggression

Teaches the child spatial awareness (where they are in time and space)

Teaches the child to know their own body and its parts

Facilitates weight gain in premature infants

Alleviates depressive symptoms

Reduces pain

May resolve attachment disorder by fostering bonding

Improves sleep patterns

For the Parent

Improves bonding

Assists them to know their child on a deeper level, so much so they will know when he/she is getting sick before it happens because he/she feels 'different'
Gives them a tool for solving the child's problems such as colic or soothing their child after a crisis

Provides them another way to say "I love you and you are a part of us and sacred to us"

Gives them a tool for assisting their child to sleep better

Provides parents a way to have quality time with their child in one half-hour which can compensate for 8 hours apart and re-establish a close bond

Develops their confidence as a parent

For the Culture

Gives families tools for quality time

Provides another way for families to have a close bond, even families of divorce

Gives dads an opportunity to develop a deeper bond with their child and a greater part in the parenting function

Gives siblings a tool for positive connection

Creates compassionate children

Creates children who know themselves and their worth

Creates healthier children