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