

# THE PARENT-INFANT MASSAGE PROGRAM



Lakeside infant massage classes are for parents, grandparents and other primary caregivers.

Each class includes:

- Talk about the best time to offer massage
- What types of oils to use
- Massage definitions and techniques
- Amount of pressure to use
- How long the massage should last
- Environment and sounds

Things to bring to class:

- A large baby blanket and pillow for support



Lakeside Women's Hospital's infant massage program is directed by Alicia Jackson, certified massage therapist and certified infant massage instructor, CIMI.

*Lakeside Women's Hospital*

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# THE TOUCH OF LOVE

INFANT MASSAGE CLASSES



*Lakeside Women's Hospital*



The relationship between a parent and baby is enhanced and strengthened through the nurturing touch of infant massage. Studies have shown, early psychological and sensory input is a very vital step in facilitating the development for infants.



Providing infant massage is a great source of tactile stimulation. Research has shown that stimulated neonates have shown to

have a greater weight gain per day as well as being more alert and active.

**Understanding infant massage and starting healthy loving touch early in life may improve parenting and family life as well.**



## THE NEED FOR INFANT MASSAGE

The popularity for infant massage classes has been growing with parents' desire to provide the best care for their babies. Infant massage is a natural way for parents to learn about parenting and for infants to learn about being loved and honored.

Infant massage is being used in many hospitals and clinics as part of parent educational programs. Many physicians, nurses, and other health care professionals are integrating infant massage into their practices.



## BENEFITS FOR BABY

- Promotes loving, bonding and secure relationships
- Enhances communication between parents and baby
- Helps reduce gas and colic
- Promotes enhanced sleep
- Provides stimulation and relaxation

## BENEFITS FOR PARENTS

- Provides time to share – quality time
- Improves parents ability to understand infant cues
- Increases confidence in parenting and handling skills
- Parents become more relaxed
- Bonding

Infant massage classes are available each Monday evening from 7 p.m. to 9 p.m. Lakeside offers prenatal classes taught using dolls and postnatal classes taught using actual babies.

To enroll in classes or to find out more about Lakeside Women's Hospital infant massage program call (405) 936-1594 or visit [www.lakeside-wh.com](http://www.lakeside-wh.com) to see the class schedule.

