

The Tender Loving Care Newsletter is ready for you to enjoy!



Tender Loving Care

April 2013

Thoughts to Share

Over the last couple of years, Linda Storm and I have presented at several national conferences on topic of "Touch Matters". During these presentations, we strive to bring an awareness of the principles of appropriate touch to the participants. Our interactive workshops help them experience the elements of bonding and attachment and think about everyday exchanges that affect the quality of attachment.

As we flow through the workshop we incorporate group brainstorming activities for them to think about their own personal, family and society touch experiences. Before we finish the workshop we guide them in an experiential activity where they ask their neighbor if they can touch their shoulders. Without doing any massage, they feel the calming affect of just resting hands on their shoulders. To download this workshop outline [click here to login](#) to the membership area.

We encourage you to not only go to conferences which support your special area of expertise but also submit proposals to present at these conferences. Our work is to constantly teach people not just about Infant Massage but the importance of appropriate touch!

Please let us know how we can support you in your endeavors.

Angela Rau

The Tao of Motherhood by Vimala McClure

Dependence

Eternal Consciousness is not a thing. It has many names and no name. It is within and beyond everything. It is the essence of us all.

Your child depends on you. You depend on the earth. The earth depends on the universe. The universe depends on the Supreme.

The supreme is subject to nothing. It is the Great Mother, and She holds you in the palm of her hand.

Chris's Corner

Are you listed on the Infant Massage USA® website? Please take a moment to follow this [link to check](#). If you are not listed, please let me know and send me a copy of your certificate.

<http://www.infantmassageusa.org/learn-to-massage-your-baby/educator-directory/>

Brain's Stress Circuits Undergo Profound Learning Early in Life, Scientists Find



Researchers at the University of Calgary's Hotchkiss Brain Institute have discovered that stress circuits in the brain undergo profound learning early in life. Using a number of cutting edge approaches, including optogenetics, Jaideep Bains, PhD, and colleagues have shown stress circuits are capable of self-tuning following a single stress. These findings demonstrate that the brain uses stress experience during early life to prepare and optimize for subsequent challenges.

The team was able to show the existence of unique time windows following brief stress challenges during which learning is either increased or decreased. By manipulating specific cellular pathways, they uncovered the key players responsible for learning in stress circuits in an animal model. These discoveries culminated in the publication of two back-to-back studies in the April 7 online edition of *Nature Neuroscience*.

"These new findings demonstrate that systems thought to be 'hardwired' in the brain, are in fact flexible, particularly early in life," says Bains, a professor in the Department of Physiology and Pharmacology. "Using this information, researchers can now ask questions about the precise cellular and molecular links

Oxytocin May Forge Bonds Between Dads and Children



The latest research suggests the 'love hormone' could also help in treating conditions such as autism, [schizophrenia](#) and [addiction](#) that are triggered by disrupted relationships.

While previous research documented the peaks in [oxytocin](#) when people hug or feel supported by loved ones, the latest work documents the role the hormone may play between father and child. In a [study](#) published in *Biological Psychiatry*, 35 fathers played with their five month old daughters, once after being given a nasal spray containing either [oxytocin](#) and again after being given a placebo. Each time, they were instructed to engage in a task called the "still face" paradigm, which produces a small, heart-tugging drama. Researchers measured oxytocin levels in both the dads and their babies before and after the exercise.

First, the father smiles and plays with the baby, who sits in an infant seat facing him. Then he keeps his face blank and expressionless, refusing to respond as the infant makes increasingly worried attempts to re-engage him. After a few minutes of watching but ignoring the child's distress,

between early life stress and stress vulnerability or resilience later in life."

[To read the full article](#)

Children should be allowed to get bored, expert says

Children should be allowed to get bored so they can develop their innate ability to be creative, an education expert says.

Dr Teresa Belton told the BBC cultural expectations that children should be constantly active could hamper the development of their imagination.

She quizzed author Meera Syal and artist Grayson Perry about how boredom had aided their creativity as children.

Syal said boredom made her write, while Perry said it was a "creative state".

She heard Syal's memories of the small mining village, with few distractions, where she grew up.

Dr Belton said: "Lack of things to do spurred her to talk to people she would not otherwise have engaged with and to try activities she would not, under other circumstances, have experienced, such as talking to elderly neighbours and learning to bake cakes.



Dr Belton, who is an expert in the impact of emotions on behaviour and learning, said boredom could be an "uncomfortable feeling" and that society had "developed an

the dad resumes a more loving expression and reassures baby that all is well.

[Read more:](#)

CEIM Spotlight by Mary Fuhr, CEIM

I was trained in 1983. Diana Moore was the trainer, but Vimala also taught part of the course. It was so wonderful and inspiring to watch and learn from her. I was also fortunate to retrain with Olga Morris in Arizona, a couple of years ago, after meeting her at the International Conference in London.

I was initially interested in learning infant massage because I was a new Occupational Therapist and wanted to learn more skills to help babies and children with special needs and their families. I had the opportunity to observe a fellow OT, Cookie Futterman, who had recently been trained in infant massage. She was working with a Mom and her baby in their home. The baby would typically cry inconsolably for hours and pull his arms in tightly as if in pain. But, when the baby received massage, he stopped crying and made more pleasant vocalizations and stretched his arms out. It was very powerful to watch and I knew I wanted to learn more about infant massage.

I took the training, moved to the state of Washington, and began to share infant massage with the families I was serving at a Birth to Three Center. I then started to share what I learned with other professionals who also worked with children with special needs.

I then met a fellow OT, Kathy Fleming Drehobl, who also took the infant massage training. We decided we needed to collaborate to compile information about working with children with special needs. To research the literature for our first book, "Pediatric Massage, for the Child with Special Needs" we had to drive an hour to

expectation of being constantly occupied and constantly stimulated".

But she warned that being creative "involves being able to develop internal stimulus".

"Nature abhors a vacuum and we try to fill it," she said. "Some young people who do not have the interior resources or the responses to deal with that boredom creatively then sometimes end up smashing up bus shelters or taking cars out for a joyride."

"But children need to have stand-and-stare time, time imagining and pursuing their own thinking processes or assimilating their experiences through play or just observing the world around them."

It is this sort of thing that stimulates the imagination, she said, while the screen "tends to short circuit that process and the development of creative capacity".

Dr Belton concluded: "For the sake of creativity perhaps we need to slow down and stay offline from time to time."

[To read the full article](#)

Modern Parenting May Hinder Brain Development, Research Suggests

Social practices and cultural beliefs of modern life are preventing healthy brain and emotional development in children, according to an interdisciplinary body of research presented recently at a symposium at the University of Notre Dame.

"Life outcomes for American youth are worsening, especially in comparison to 50 years ago," says Darcia Narvaez, Notre Dame professor of psychology who specializes in moral development in children

the University of Washington, locate and make copies of each of the journal articles, since this was prior to the Internet!

In the 80's and 90's we were primarily working with infants and children with Down Syndrome, Cerebral Palsy, Spina Bifida and general Developmental Delays. So, therapeutic positioning and handling was important to incorporate into the massage experience.

Currently we see more children with sensory issues and Autism Spectrum Disorders and have learned to modify and expand the basic techniques to be more beneficial for these children and their parents.

Infant massage definitely had a positive influence for me as a mother and my children who are now young adults. My career as an OT has been enriched because of infant massage. And, I hope that the parents, caregivers, and children I have been blessed to work with throughout the years have benefitted from the power of loving touch!

[To read the full article](#)

Recall Alert: Carter's One-Piece Footies With Zippers

Concerns about a choking hazard have prompted the U.S. Consumer Product Safety Commission to issue a recall of eight styles of one-piece, footed cotton infant outfits made by Carter's.

The CPSC announcement states that the zipper pull can detach, "posing a choking hazard to young children," though no accidents or injuries have been reported.

The zippers on the clothing ran from the foot to the neck. The clothing came in

and how early life experiences can influence brain development.

This new research links certain early, nurturing parenting practices -- the kind common in foraging hunter-gatherer societies -- to specific, healthy emotional outcomes in adulthood, and has many experts rethinking some of our modern, cultural child-rearing "norms."



Whether the corollary to these modern practices or the result of other forces, an epidemic of anxiety and depression among all age groups, including young children; rising rates of aggressive behavior and delinquency in young children; and decreasing empathy, the backbone of compassionate, moral behavior, among college students, are shown in research.

According to Narvaez, however, other relatives and teachers also can have a beneficial impact when a child feels safe in their presence. Also, early deficits can be made up later, she says.

[To read the full article](#)

Conferences

The **Michigan Association of Infant Mental Health** Conference, "Tomorrow Begins Today: Promoting Resilience in Infants, Very Young Children and Their Families". will be held at the Lansing Center, Lansing, Michigan, May 19-21.

[View Conference brochure:](#)

newborn, 3-month, 6-month and 9-month sizes and "Baby B'gosh®," "Child of Mine® made by Carter's" or "Just One You® made by Carter's" is printed on the fabric inside the neck area. The style number can be found on a side seam label in each piece.

OshKosh B'gosh, Walmart and Target stores sold the clothing from December 2012 through January 2013 for between \$7 and \$20. Baby B'gosh sleepwear was also sold online at www.oshkoshbgosh.com.

The clothing can be returned to Carter's for a full refund. Call Carter's, Inc. toll-free at (888) 282-4674 from 8 a.m. to 4:30 p.m. CT Monday through Friday or online at www.Carters.com.



[For more details](#)

The Delicate Art Of Listening To Your Baby by DeAnna Elliot

In 1980, I was blessed to take Vimala McClure's second infant massage training. In 1983, I became an instructor trainer. I have witnessed miracles happen with infants and their families ever since. Through the years my attention has been particularly focused on infant crying when receiving massage. My years of study of

The Child Life Counsel is hosting their 31st Annual Conference Thursday to Sunday, May 16-19, 2013 at the Sheraton Denver Downtown Hotel. [To learn more visit:](#)

IMUSA will be exhibiting at the Conference. We are working to host a get together for our CEIMs who are attending. Please stop by the booth for date and time. We also would love for you spend some time at the booth to share your stories with your fellow CLS.

Zero to Three National Training Institute

December 12 – 14, 2013
JW Marriott San Antonio Hotel, San Antonio, TX
[To learn more](#)

infant psychology and massage therapy have taught me that the human body holds wisdom and seeks balance. I have also learned that the body holds tensions and traumas sometimes for long periods of time. I've seen babies sometimes cry when being massaged to release traumas held in their bodies from their journey from the womb to the world.

This can be hard for parents to handle as well as CEIMs when holding a class. To help CEIMs and other professionals perceive the releasing process at a deeper level and to be able to educate families with new understanding of crying as a form of communication, I have created a special workshop called *The Delicate Art of Listening to Your Baby*. This workshop can be done in the convenience of your own home. [Click here to learn more](#). You can also email DeAnna directly at Deanna.elliott@aol.com

Charter Development

You are invited to join the 1st meeting of CEIMs in Seattle.
April 27, 2013 from 11 AM – 1 PM at New Seattle Massage, 4519 University Way NE Seattle.

To learn more or to RSVP contact Alice Ambrose at solblack@hotmail.com

Support Infant Massage USA thru your purchases

Here is an opportunity to support Infant Massage USA and save some money at the same time.

From now until June 28, 2013 **save \$5** off your order of \$50 or more. Please use the **Coupon Code NL550** as you check out.

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