



infant massage us

"It's amazing"

Tender Loving Care

**Dec
ember 2013**

From the Desk of Executive Director, IMUSA

The sights and sounds, the tastes and smells, and certainly the textures, forms and shapes all experienced during this Holiday period help create and shape our lasting memories. From Thanksgiving and Hanukkah to Christmas, and New Years traditions, cultures, and family rituals, reinforced by our sensory experiences hopefully support healthy attachments in our children. Throughout our lives, this is one time of year when it is possible to revisit the magic of our childhood.

We hope you enjoy the magic of the Season and your Little Ones. May you be at Peace and Present with your family.

***Warmest Holiday Greetings,
Mercedes
Mercedes DelCastillo
Executive Director***

Cornerstone Members

Our featured contributor, DeAnna Elliott, has been an International Trainer since 1982. She is one of the first Instructors and Trainers trained by Vimiala. She has vast experience working as a trainer and educator and has extensive experience working with massage for adults and infants. Her passion led to an intense study into the field of infant psychology which resulted in the production of a documentary called *Cellular Echoes, Environmental Influences in the Journey From the Womb to the World*.

We hope you enjoy reading the two articles below and take a look at her professional development course [Listening to Your Baby](#).

Linda Storm Founding Executive Director, Named to Life-Time Board Position

The Board of Directors, Infant Massage USA unanimously agree to request from our Membership their immediate approval to name Linda Storm, Founding Executive Director, as a life-time, voting member of the Board of Directors. We ask that you respond favorably to our request by emailing Michael Curtis, Acting Board President at michael.curtis@infantmassageusa.org by December 30, 2013.

Thank you for your timely consideration.

IAIM Humanitarian Project to Haiti

Infant Massage USA Trainers will be presenting two trainings in Haiti in March of 2014. JoAnn Lewis and Jody Wright will be presenting CEIM trainings in both Port-au-Prince and Morne Rouge, which is located in the northern part of Haiti. The trainings are being sponsored locally by the Haitian organization CEMEA and by Naturopaths without Borders.



The need is great as parents and educators alike are asking us to come and help bring the tradition back to the parents of little ones who have been so traumatized since the earthquake.

Contributions are greatly appreciated! \$100 will cover a student's materials and \$250 will completely support a local participant. You will receive a picture of the student you support.

Our humanitarian work is in need of your help and we appreciate your contributions.

To make a donation please visit:
<http://www.infantmassageusa.org/about-us/donations/>

Please be sure to note 'Haiti' in the comments. Thank you.

Trainers-on-the-Move Reflections on my Trainings in Mexico over the Years by *Mercè Simon Mont (Spain), International Trainer*

A few years ago, our dear colleague Anna Bachs, who passed away in 2006, offered me the precious legacy of a work she had started: spreading Infant Massage throughout Mexico.

Since then, I've had the opportunity to give trainings in several states with the help and dedication of the people within REMI, the Mexican Chapter. Together we have reached various cities of this country, which I already feel like mine, spreading the valuable message that Vimala taught us. This year 2012, during the last three months I've offered several trainings; I've met more people; I've strengthened bonds with the ones I had met before; and I've gotten more in touch with their character.

Since my first time in Mexico, together we have participated on the growth of the Mexican Chapter, which is spreading, every day more, throughout the wide territory of Mexico. For this, I feel very grateful. I have also had the magnificent opportunity of supporting Isolde Villanueva, from México and Ana Lucía Penagos, from Guatemala, in their journey to start their Trainer's Training process, which will begin in 2013.

I am delighted to be working to increase the chances of the IAIM spreading worldwide. It has been a privilege, to be the carrier and disseminator of this precious seed contained in Infant Massage; to have the opportunity of knowing so many people; to share the love involved in this beautiful mission; to reinforce the idea that something so simple might have such a profound influence in human relationships worldwide.

Thank you to all the IAIM family. I never thought I could receive and give so much!

IAIM International Newsletter

GREETINGS, IAIM MEMBERS!

Welcome to our 4th issue of *I.N. TOUCH*, the IAIM International Newsletter.

We are very pleased to share a bit of the Greeting we received some time ago from our Founder, **Vimala McClure**:

"Blessings to all in IAIM, during this holiday season!"

"I am so proud of all of our instructors for the selfless work they do to bond

parents and their babies, an action that will affect their whole lives."

Love,

Vimala

[To read the newsletter](#)

If You Want To Stop Bullying – Start with the Babies (Infant Massage as an Antidote to Violent Behavior) *by DeAnna Elliot*

Infants go through a great deal to get from the womb to the world and those traumas are held in their bodies. In the work of infant massage, the parents are taught to massage the stresses out of the body with gentle nurturing touch redirecting the nervous system into a state of calm. In addition, they create a constructive connection from their hands to their child through the tactile kinesthetic channels that will last forever. For the baby, this becomes

Kids Whose Bond with Mother was Disrupted Early in Life Show Changes in Brain

Children who experience profound neglect have been found to be more prone to a behavior known as "indiscriminate friendliness," characterized by an inappropriate willingness to approach adults, including strangers.

UCLA researchers are now reporting some of the first evidence from human studies suggesting that this behavior is rooted in brain adaptations associated with early-life experiences. The findings appear in the Dec. 1 issue of the peer-reviewed journal *Biological Psychiatry*.

The UCLA group used functional magnetic resonance imaging (MRI) to demonstrate that youths who experienced early maternal deprivation undefined specifically, time in an institution such as an orphanage prior to being adopted undefined show similar responses to their adoptive mother and to strangers in a brain structure called the amygdala; for children never raised in an institutional setting, the amygdala is far more active in response to the adoptive mother.

[Read the full article](#)

Let Them Have Their Voice Another Way to See Infant Crying *by DeAnna Elliot*

Massage therapy for any age is about telling the body to release the stresses held in the tissue. Life is stressful for all of us especially infants. Most people see an infant's life as unstressful however they live with us and we all carry a lot of stress. The sensitivity of an infant is so great that they absorb the stresses they live around. In addition, they are dependant on the adults in their life for everything, with very few ways of communicating their needs. Add to

a reference point of compassion that the parents teach them. They also connect to themselves and their own bodies in a positive way that gives them the capacity for self-love and self-respect. If a child is to learn to honor others they have to be taught to honor themselves. This is first learned from their parents.

The physical benefits of the massage, are reinforced every time the baby is massaged. This gives the parent the feeling of being of service to the baby and the baby feels connected to their parent and themselves in a very positive way.

[Read the full article](#)

A Gift of Touch!

What's on your gift list? Just in time for the Holiday's, we hope you'll take a moment to read this lovely article by our own Linda Storm posted on [Peggy O'Mara's](#) website of Mothering Magazine.



this the fact that they can't run, walk, do aerobics, yoga, swim etc. to relieve their stresses, they have one option for stress reduction – their lungs and crying.

Most of our culture is organized around making that cry go away. It is very irritating and an indication that the parent is somehow failing their baby. If they are quiet all the time then you have passed the good parent test with flying colors.

[Read the full article](#)

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Knowledge for information found in the IAIM Australia Chapter May newsletter.

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