

"When you learn, teach. When you get, give." -Maya Angelou

Tender Loving Care

December 2014



infant massage usa®
"It's amazing!"

2014 IAIM International Conference



Prior to the International Conference, The International Trainers met in El Martino, Costa Rica for two days. Pictured above are those who attended.

On October 16-19, 2014, almost 200 CIMIs from 30 Countries traveled to San Jose, Costa Rica for the 12th bi-annual International Association of Infant Massage Conference. On Thursday, October 16, Marsha Baker and her colleague, Jennifer Hofherr, presented a workshop on the FAN approach to communication to chapter representatives, trainers and IAIM board members. This approach was developed by Linda Gilkerson from the Erikson Institute in Chicago, who Marsha and Jennifer work with.

Friday workshops helped Chapters learn more about legal matters and good Chapter organization. In the afternoon a panel of Chapter representatives shared what they are doing to help them be successful. Speakers on Saturday included Dr. Mariano Rosabel and Monique Berrocal, both from Costa Rica, and Mary Gengler-Fuhr from the United States. CIMIs had options to attend a variety of breakout sessions on Sunday on topics ranging from preemie care to marketing. A detailed summary about the speakers and breakout sessions will be included in the forthcoming International Newsletter Committee.

This issue:

- IAIM International Conference
- "The Thing About Infant Massage"
- Keep the Connection
- Rock of Recovery Award
- Quick Notes

Recalls



Graco
Strollers



Hello Kitty
Whistles

Meijer



Halloween
Flashlight

Conferences

• Zero to
Three: [29th Annual
National Training
Institute](#); Ft.
Lauderdale, FL;
December 10-12

• Lifespan Learning
Institute: [Cultivating
Loving
Connections](#); Los
Angeles, CA;
January 31, 2015

Helpful Links

Attendees didn't spend all their time working, however. Prior to the conference, CIMIs visited the local coffee plantations and volcanoes. They enjoyed zip-lining as well as enjoy the beautiful waterfalls and nature areas. In between workshops/conferences, CIMIs visited local craft markets and various sites in the city. Following the conference, trainers and chapter representatives moved to Punta Leon for the General Assembly, which was on the beach where attendees could enjoy the beach and nature walks when not in session.



If you missed your chance to attend this year's conference, be sure to mark your calendar for the next Conference and General Assembly, which will be held in October 2016 in France. Stay tuned details.

- [International Association of Infant Massage](#)
- [Healthy Mothers, Healthy Babies](#)
- [National Resource Center](#)
- [NCAST](#)
- [Mothering](#)
- [CSEFEL](#)
- [Zero to Three](#)

The Thing About Infant Massage

by Cynthia Wood



"I didn't even know [infant massage](#) existed!"

This is a common and unfortunate comment that I hear many times when I talk about my work. Every time I hear it, I can't help but sigh.

But honestly, there was a time when I didn't know it existed either.

There is so much history and evolution incorporated into Infant Massage, not to mention the biology and nurturing that also comes into play. Many will think that it is a new trend in baby care, but I disagree. Infant Massage is here to stay. But that is my job, to educate caregivers about this so-called "trend;" this amazing tool with invaluable, lifelong and far-reaching benefits that is here to stay.

The practice of Infant Massage is ancient and has been evident in history for over 3,000 years in cultures such as Asia, Africa, India, New Zealand and the Caribbean. These cultures believed that one way to promote health and prevent disease was by rubbing, stroking and kneading the body. Still today, this tradition is passed down all over South Asia, as it is thought to instill fearlessness, harden bone structure, enhance movement and limb coordination, and increase weight – all benefits that now can be [scientifically proven](#).

Cynthia Wood originally wrote this article for a blog in her community. Read the rest of the article [here](#)...



Nonprofit Agency Promotes Infant Massage Programs

from [*The Paris Post-Intelligencer*](#)



A new nonprofit parenting program has been established in Paris, [Tennessee]---one the operators think will help new parents provide benefits for their young babies through the art of infant massage. Keep The Connection is a nonprofit program now being operated at 107-1/2 W. Blythe St. Debbie Madden-Gray [left] is the owner and Danielle Fontenot-Singleton is the manager. Madden-Gray said the agency is being operated through donations, fundraisers and grants. The program is for parents of infants who are two years old or younger.

"What we teach parents is how to become a personal masseuse for their infant, toddler or child," Madden-Gray said. "That can help them with motor development, cognition skills, bonding, constipation problems, respiratory issues or even colic."

Has your infant massage class received media attention? Let us [know!](#)

Linda Garofallou Receives Rock of Recovery Award

by Jacque Godwin



On November 14, in West Orange, New Jersey, Linda Garofallou, MS, LMT, IMH-E IIII received the Rock of Recovery Award at the twentieth annual "I Can" Awards Ceremony hosted by the Newark Renaissance House.

Garofallou, who has been a Certified Educator of Infant Massage since 1999 and has worked at the Renaissance House for 12 years, had this to say upon receiving her award:

"... Supporting mothers with their babies in treatment [...] is a passion [...] that began for me 15 years ago doing infant massage with the drug exposed babies at Newark Beth Israel Hospital. I had been a massage therapist for 20 years at

that point and even I was amazed at how remarkably effective the massage was in helping to soothe, calm and regulate the symptoms of withdrawal that the infants suffered. I wrote a grant to do home visits and teach infant massage to the foster families who gave homes to those babies. I ran that grant through an Infant Mental Health Institute in East Orange, and Gerry Costa, the director there at the time said, 'your real work is to teach this to the mothers at Renaissance House'."

"I have to admit that at first I was skeptical. I'd had never met the mothers at the hospital because we live in a system that immediately separates a mother and her baby when a tox screen is positive for drugs at birth.[...] What I quickly learned, however, when I started working with the mothers at Newark Renaissance House, was just how desperate they were to be good mothers. And, that they indeed had not abandoned their babies but were trapped in a system that leaves them no choice [...]"



During her time at the Renaissance House, Garofallou has helped at least 384 infants and their mothers change the trajectory of their lives. Congratulations to Linda Garofallou and thank you for your service, not only to Infant Massage USA, but also to the Renaissance House.

Quick Notes

Online Store



With winter here, it's important to have plenty of oil for Baby's dry, sensitive skin. Research has shown Sunflower Oil can be used with even premature babies, where it reduces the spread of skin-born illnesses in the NICU. Pick up some oil from the IMUSA warehouse. Proceeds support Infant Massage USA. [Order](#) yours today!

Zero to Three Booth

Sensational Baby Update



You have

been hearing about the Sensational Baby materials, and we want to give you a quick update. Reviewing and testing the materials has taken more time than expected and we don't want these materials to be anything but perfect. We plan to release these amazing materials in the near future and appreciate your patience.

AmazonSmile



The Zero to Three, National Training Institute is this week Dec 10 - 12 in Ft. Lauderdale. If you plan on attending, please stop by and see us at the Infant Massage USA exhibit. Linda Storm and Michael Curtis will be at the booth as well as Justine Tutuska and Jodi Whiteman. We look forward to seeing you!



This holiday season, it's easier than ever to give to your favorite organization! AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device.

Member Information

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