

"We make a living by what we get. We make a life by what we give." -Winston Churchill

Tender Loving Care

December 2015



infant massage usa®
"It's amazing!"

Letter from the Staff

2015 has been a year of continued expansion, new relationships with strategic partners, a first product release (Sensational Baby) and much more! We are grateful to all of you for your tremendous efforts in the continued support of our work.

To us, life is about making an impact. It isn't about getting and having. Life is about giving and being. If we were to make a wish, it would be that we enable ourselves to reach every parent. Every infant. What better way to bring peace to the world than by a loving touch initiating a lifelong bond of love and understanding?

During this special time of year, I wish you all the best to you and yours and hope the year ahead brings happiness to all!

Kindest Regards,

Mercedes, Executive Director

Chris, Administrative Director

Michele, Administrative Assistant, Membership

Sue, Administrative Assistant, Accounting

This issue:

Letter from the Staff

"Why Do We Use Baby-Talk on Kids..."

"Research Suggest That Modern Parenting May Hinder Brain Development"

Read to Me and I'll Teach You About My Baby States

My Premie App

CEIMs In the News: Nina White

Conferences

World Association for Infant Mental Health (WAIMH): [15th World Congress of the WAIM](#); Prague, Czech Republic: May 29- June 2, 2016

International Association of Infant Massage (IAIM): [Educational Conference & General Assembly](#); Paris, France: October 24- November 1, 2016

Why Do We Use Baby-Talk on Kids, Pets & Partners?

By JR Thorp for [Bustle](#)

Helpful Links

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

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If your immediate reaction when faced with a baby is to coo complete nonsense in its face, know that you are not alone. (You're also not being hit by a wave of biological-clock-related insanity.) [Baby-talk is one of the most common human behaviors](#); worldwide, right at this moment, mothers and grandmothers are looking down at their pudgy infant and talking to them in a language that, to an alien observer, sounds as if they should be locked up. But it's not just confined to babies; we also use [baby-talk on our partners](#) and, somewhat shockingly, [on our pets](#). So what on earth is going on? Are we all afflicted with terminal cuteness overload?

I have done [a lot of baby-talking](#) in my life (my 11 cousins are, on average, 10 years younger than I am), and I can attest to how addictive it is. I also, however, feel like a complete idiot. The baby can't talk; why on earth am I so compelled to address it in this insane sing-song manner? And [who decided we should talk to pets like that, too?](#) Buster does not understand "who's got a cute face, yes you do," and he never will. It turns out that it's a matter of evolutionary biology, language development, human bonding, and neurochemistry. So no, you are not being compelled to talk mumbo-jumbo as part of some kind of bizarre conspiracy; it's your biology doing it for you. [Read more...](#)

Research Suggest That Modern Parenting May Hinder Brain Development

By Vimala McClure

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

"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 and how early life experiences can influence brain development.

"Ill-advised practices and beliefs have become commonplace in our culture, such as the use of infant formula, the isolation of infants in their own rooms or the belief that responding too quickly to a fussing baby will 'spoil' it," Narvaez says.

The new research links 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."

Read to Me and I'll Teach You About My Baby States

While working in a hospital with newborns, Jennifer Brown Guiney, CEIM, IMH-E®(II), witnessed the joys and pitfalls new parents face every day.

"What pained me, though, was seeing how things could get off track in just those first few hours [...] mothers were told their baby was not gaining weight

fast enough [and] mom would try to wake the baby, but baby would just fall back asleep.”

New parents are deluged with information about newborn care, so it was not uncommon for the parents Guiney spoke with to have no understanding of baby states. After educating parents about the best states for feeding and when and how to wake a sleeping baby, Guiney saw parents gain confidence. “When they begin to unfold the meaning of their own babies’ behavior, parents feel much more efficacy and they report feeling closer to their babies as well” says Guiney.

Armed with a purpose, Guiney wrote *Read to Me, and I’ll Teach You About My Baby States*. “I chose a board book format because parents are told to read to their babies, but often tell me they feel silly reading kids’ books aloud to a newborn. Most new parents don’t have time to read the baby ‘reference’ books, but reading a board book to their baby, with information for them, meets many of their needs at once.

Written from a baby’s point of view, the book provides a description and illustration of each baby state. “I have wonderful photos parents have shared with me of their toddler or older child reading the book alone and with the baby” says Guiney. One parent even reported having heard her 24 month old whispering “quiet alert” as he looked at the pictures!

Read to Me, and I’ll Teach You About My Baby States is an easy to read, palatable resource for new families to learn about their babies’ behavior. “It’s a wonderful gift for new parents as well. I hope you’ll find that it enhances your practice as well” says Guiney.

Read to Me, and I’ll Teach You About My Baby States is available via [Amazon](#) or from the [Center for Infant & Family Resources, LLC](#).

MyPremie App

Graham's Foundation has created a new mobile app, called MyPremie that offers emotional, intellectual and practical help to parents right on their smart-phone or tablet. MyPremie supports parents by:

* Providing the information they need to understand, immediately and as their situation changes

* Suggesting the right questions to ask doctors and nurses, to become active partners in their baby's care

* Promoting awareness of their own emotions through a curated diary they are encouraged to fill in and keep forever

* Providing easy tools to keep track of their baby's growth

* Providing a more private way than social media to keep in touch with friends, by sharing pages of their daily diary

* Reminding parents they are not alone, and offering them realistic hope, which is at the very essence of our mission

The new MyPremie can ease the experience of least 200,000 families of preemies every year and potentially improve their health outcomes, in terms of shorter hospital stays for babies and reduced psychosocial consequences - such as post-traumatic stress disorder and depression - among parents.

CEIMs in the News: Nina White

Congratulations to Nina White, CEIM, whose program at James V. Brown Library in Williamsport, Pennsylvania won an honorable mention for the [Pennsylvania Library Association Best Practices](#).

Her infant massage classes were chosen as they were "most effective with reaching new parents in the community as well as highlighting the library as a place that supports healthy families and early childhood development as a main resource for community partnerships for learning," according to the judges.

In addition to offering infant massage, White's program also offered special guest speaking promotions at the YMCA Life Center, local MOPs, and other Baby Cafe's. Way to go, Nina!

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