

"There are far better things ahead than any we leave behind" -C.S. Lewis

# Tender Loving Care

February 2015



infant massage usa®  
"It's amazing!"

## "Pleasant Touch" Helps Build the Physical, Emotional, and Social Links Essential to Bonding

by Vimala McClure



There are two studies whose results are that "pleasant touch" is good for babies. They say that a gentle touch or caress, deemed "pleasant touch," stimulates a baby's senses and induces a response indicative of parent-infant bonding. The data says that new research into the matter now finds that these interactions are not only important for bonding, but that

they also build on the child's social and physiological development.

One article says "*Our results provide physiological and behavioral evidence that sensitivity to pleasant touch emerges early in development and therefore plays an important role in regulating human social interactions.*" The findings are important because they show that the implicit meaning of pleasant touch — to stimulate bonding — develops as early as infancy. In turn, these social interactions carry on into adulthood, as many adults lightly caress, or pet, their partner to express love and affection. [Read More...](#)

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## Baby Brains

by Yudhijit Bhattacharjee for *National Geographic*

## This issue:

- "Pleasant Touch"
- Baby Brains
- *Touch* Book Review
- Birth Ballad
- Quick Notes

## Recalls



Mima  
High Chair



Airplane and  
Butterfly Push  
Toy



Lazy One  
Footed PJs



Tough  
Treadz  
Auto Carrier



Pouch Pop  
Topper

## Conferences

- **Center on the Social and Emotional Foundations for Early Learning (CSEFEL): 12th Annual National Training Institute "Addressing Challenging Behavior";** St. Petersburg, FL; April 23-25, 2015



In the late 1980s, when the crack cocaine epidemic was ravaging America's cities, Hallam Hurt, a neonatologist in Philadelphia, worried about the damage being done to children born to addicted mothers. She and her colleagues, studying children from low-income families, compared four-year-olds who'd been exposed to the drug with those who hadn't. They couldn't find any significant differences. Instead, what they discovered was that in both groups the children's IQs were much lower than average. "These little children were coming in cute as buttons, and yet their IQs were like 82 and 83," Hurt says. "Average IQ is 100. It was shocking."

The revelation prompted the researchers to turn their focus from what differentiated the two groups toward what they had in common: being raised in poverty. To understand the children's environment, the researchers visited their homes with a checklist. They asked if the parents had at least ten books at home for the children, a record player with songs for them, and toys to help them learn numbers. They noted whether the parents spoke to the children in an affectionate voice, spent time answering their questions, and hugged, kissed, and praised them. [Read More...](#)

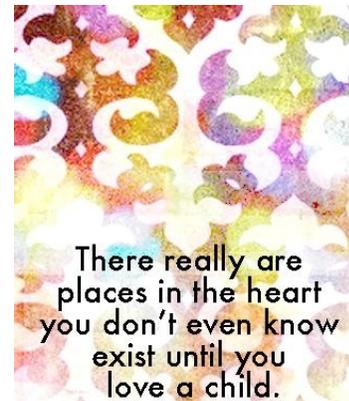
## How Hugs and High-Fives Mold Us from Birth

by Emily Anthes for *The Washington Post*

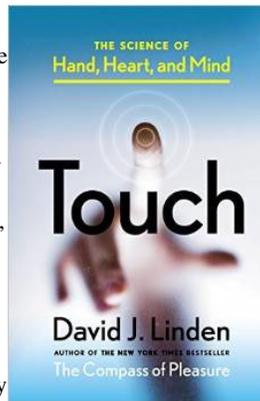
· **Nursing Child Assessment Satellite Training (NCAST):** [Attachment, Neurodevelopment & Psychopathology](#); Seattle, WA; June 1-3, 2015

### Helpful Links

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



Of all the gifts that a parent can give a child, one of the most important is a simple, loving touch. Babies who are deprived of human touch, such as those who spend their early years [in understaffed orphanages](#), display profound abnormalities. Their growth is stunted, and they're slow to gain cognitive and motor skills. They display repetitive, self-soothing behaviors, such as rocking endlessly back and forth. They are more likely to develop obesity, diabetes and heart disease, or suffer from mental illnesses ranging from depression to psychosis. But the smallest of interventions — as little as 20 minutes of gentle physical contact a day — can help touch-deprived infants avoid the worst outcomes.



The implication, neuroscientist David J. Linden says, is clear. “Touch is not optional for human development,” he writes in his accessible and engaging new book, *Touch: The Science of Hand, Heart, and Mind*. [Read More...](#)

## Birth Ballad



The birth of a child is one of life's most significant events, and parents only have one opportunity to capture such a special moment.

Until now parents have only had two options for recording their birth experience-- photography and videography. Birth Ballad's goal is to offer parents a new, unique, and creative option that is purely an experience for their ears, mind, and imagination. Birth Ballad is a completely aural (sound) experience to celebrate and remember the amazing event of giving life.

Birth Ballad gives parents an opportunity to bond with their baby from the start, and right now they are offering a special \$30 off promotion for all those who mention Infant Massage USA. Learn

more about Birth Ballad [here](#).

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## Quick Notes

### Data Collection

You should have received an email asking you for information on the families that you have instructed ONLY during the period of October 1 – December 31, 2014. (If you did not receive this information, please [email](#) us as we may

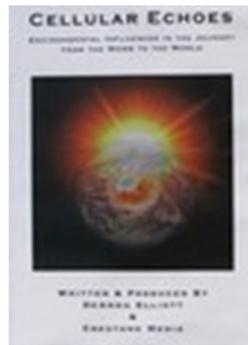
### Warehouse Item

This film is an exploration of imprinting as it occurs in animals and humans in the first six stages of development: pre-conception, conception, gestation, birth, the first 24 hours after birth and into the early years. Contemporary scientific and clinical information

need to update your roster email). This information helps us keep track of how many families we are helping annually. Please fill out this quick [form](#) or email [Justine Tutuska](#) with any questions. Thanks for your help!



is compared to tribal birth wisdom from around the world in a cross cultural inquiry of this phenomena. Purchase a [DVD](#) today!



### Member Information

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