

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

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Tender Loving Care

January 2013

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## Thoughts to Share

Violence seems to be ever present in families and communities. The time is now for strong resilient actions that nurture relationships.

IMUSA thrives from many hands that fuel the nurturance of parents and babies. Consider how you can ready your hands and contribute to the mission that nurturing touch and communication is valued, promoted, accessible, and supported in every family system and community.

The IMUSA Board is now actively seeking applications for the Executive Director position (Angelica.Garcia@InfantMassageUSA.org) as well as volunteers (Kristine.Snell@InfantMassageUSA.org). As Linda steps away from her position at the end of March, consider how you could contribute a few hours of your time in support the mission.

I wish your New Year is a bright and energizing one.

Angela Rau

Board President

## The Tao of Motherhood by Vimala McClure **FLOW**

Everything comes from one consciousness. The harmonious rhythms we call happiness. the discordant rhythms we call pain.

Your child is attracted to the one in you, to the Way which nurtures, shelters, guides and protects. It flows from you, harmonious with the world from which your child has come.

The Supreme nurtures without grasping, shelters without claiming, guides without interfering, and protects without smothering.

The closer you are to the Way, the more your child will trust you.

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**Guidelines Seek to Increase Uniformity of Care for Late Preterm Infants**

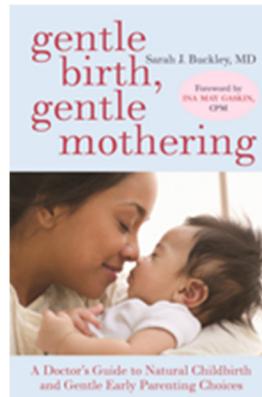
**Book Review: *Gentle Birth, Gentle Mothering* by Sarah J. Buckley**

Multidisciplinary Guidelines for the Care of Late Preterm Infants outlines strategic approaches to evaluating and managing the care of late preterm infants (LPIs; infants born at 34 0/7 weeks' gestation to 36 6/7 weeks' gestation) for physicians, midwives, nurses, ancillary members of the health care team, and parents.

The guidelines, published by the National Perinatal Association (NPA), synthesize findings from a 2010 summit hosted by NPA and attended by experts representing 20 organizations involved in the care of LPIs to determine where consensus already existed, recognize differences in practice, identify gaps with no guidelines available, and establish a course of action to address the results. Topics include in-hospital assessment and care, transition to out-patient care, short-term follow-up care, and long-term follow-up care. Within each guideline, stability, screening, safety, and support are discussed.



Recommendations for the health care team and for family education are provided for each guideline.



In *Gentle Birth, Gentle Mothering*, Australian family physician Dr. Buckley offers a fresh lens on choices related to prenatal, intrapartum, and postpartum care as well as how gentle early parenting choices can promote lifelong well-being for babies. She does this through her personal experience and wisdom that comes from being a doctor and mother of four as well as through extensive current research that challenges old thinking and even current trends in obstetric and parenting worlds.

In relationship to infant development, I found Dr. Sarah Buckley's chapter on "Love, Attachment, and Your Baby's Brain" particularly interesting and pertaining to infant massage. She blends the neuroscience of infant development with practical information for parents, providing suggestions for attachment-style parenting that will benefit babies through their whole lives.

Babies are born with about 200 million brain cells (neurons), but with very few connections, known as synapses, between those neurons. Early social experiences form synapses that Dr. Sarah Buckley likes to call the "firing and wiring" of brain development. In the womb, the firing and wiring of baby's brain begins with sensations such as warmth, being rocked, different tastes from mom's diet via amniotic fluid, and hearing mom and dad's voice. Babies are calmed and settled when mom is calmed and settled. Increased maternal stress during pregnancy can even fire and wire a baby's

[To view the guidelines](#)

Source: MCH Alert - MCH Library at Georgetown University

brain for dysfunction in learning and cause over-reactivity to stress.

[To read the full review](#)

Source: Kerrie Hurst, CEIM

## Starting a new Infant Massage Class?

Order your supplies today from the [Infant Massage Warehouse](#).

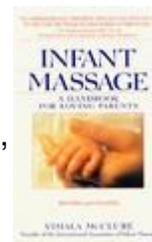
We have organic Sunflower Oil in 1 oz bottles, just the right size for the families you work with. Sunflower oil has shown itself to be an ideal oil for infant massage. It has been used very successfully with premature babies, with regular use reducing the spread of skin-born diseases.

It has a nice “hand”, making massage easy and comfortable for both the parent and the baby. And it is a simple, pure oil that is not associated with allergies. You can also get empty bottles from the Infant Massage Warehouse and fill them yourself.



Looking for infant massage books? *Infant Massage: A Handbook for Loving*

*Parents* is available through the Warehouse for your classes. When you include a book in your course pricing, or offer it for sale to the parents, you know that they will have complete information about infant massage’s strokes, benefits, and use in the family.



Perhaps you need some good music to inspire parents and infants relax and enjoy the session. We have several CDs designed specifically for playing in class. You might even want to offer them for sale to the parents.

If you are marketing your class with a presentation, the IAIM DVD is perfect for telling people about our work and helping them realize we are a part of an international movement to support families in giving nurturing touch to their children.

## The Electricity Of Touch

The idea that an energy exchange of some type occurs between individuals is a central theme in many healing techniques. This concept has often been disputed by Western science due to the lack of a plausible mechanism to explain the nature of this energy or how it could affect or facilitate the healing process. The fact that the heart generates the strongest electromagnetic field produced by the body, coupled with the recent discovery that this field becomes more coherent as the individual shifts



We just got a new shipment of dolls in, and are fully stocked! An extra doll or two is always a good investment – when couples come to class you can offer them a doll so that one can massage the baby and the other learn on the doll. If a baby is asleep, the parent can let them rest and practice the strokes on a doll until baby wakes up. There might even be one you fall in love with and want to use yourself at the [Infant Massage Warehouse](#).

How about downloading this [Warehouse Flyer](#) and give it to the parents in your classes? They will appreciate knowing where to get more oil, CDs and infant massage books.

to a sincerely loving or caring state prompted us to investigate the possibility that the field generated by the heart may significantly contribute to this energy exchange.

We present a sampling of results which provide intriguing evidence that an exchange of electromagnetic energy produced by the heart occurs when people touch or are in proximity. Signal averaging techniques are used to show that one's electrocardiogram (ECG) signal is registered in another person's electroencephalogram (EEG) and elsewhere on the other person's body. While this signal is strongest when people are in contact, it is still detectable when subjects are in proximity without contact.

This study represents one of the first successful attempts to directly measure an energy exchange between people, and provides a solid, testable theory to explain the observed effects of many healing modalities that are based upon the assumption that an energy exchange takes place. Nonlinear stochastic resonance is discussed as a mechanism by which weak, coherent electromagnetic fields, such as those generated by the heart of an individual in a caring state, may be detected and amplified by biological tissue, and potentially produce measurable effects in living systems. One implication is that the effects of therapeutic techniques

involving contact or proximity between practitioner and patient could be amplified by practitioners consciously adopting a sincere caring attitude, and thus introducing increased coherence into their cardiac field.

[To read the full article](#)

Source: Institute of HeartMath

### **From CPSC: Bed Rail Recall**

The US Consumer Product Safety Commission (CPSC) has announced the [recall](#) of Dream On Me brand Bed Rails due to suffocation and strangulation hazards. The bed rail can separate from the mattress allowing a child's body to become entrapped if it slips between the rail and the mattress. The bed rails have a white metal frame covered by blue or pink mesh fabric and mesh arms that extend about one and a half feet under the mattress. "Dream

### **HEADS UP: Fisher-Price Recall**

Fisher-Price is recalling its Newborn Rock 'N Play Sleeper due a possible mold risk.

The company received 600 reports of mold, which had developed between the seat cushion and the plastic frame.



**Parents should contact Fisher-Price for cleaning instructions or further assistance.**

Source: Infant  
Massage USA  
Facebook

on Me" is printed on the top rail. The bed rails were sold in small independent stores and online at [Amazon.com](http://Amazon.com) and [Wayfair.com](http://Wayfair.com) from September 2011 through May 2012 for between \$15-\$30. Consumers are advised to stop using the bed rails immediately and contact Dream On Me for a refund at (877) 201-4317 or online at [www.dreamonme.com](http://www.dreamonme.com). Click [here](#) to see the full recall notice from the CPSC.

Source: HMHB Monday Morning Memo

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