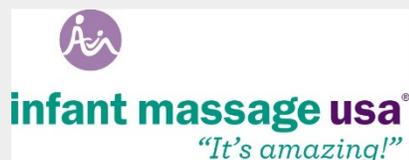


"For last year's words belong to last year's language and next year's words await another voice" --T.S. Eliot

Tender Loving Care

January 2016



Welcoming Our New 2016 Board of Directors

Thank you to all of our members who voted and played an important role in developing our new IMUSA Board of Directors for 2016 (roles begin at our annual board meeting Feb 19/20). We would like to welcome and congratulate our new directors:

Joyce Ahrens, OTR

Valerie Garritano, CEIM

Dr. Tania Stegen-Hanson, OTD, OTR/L, BCP, C/NDT, CEIM

As well as welcome back current directors

Kristine Snell, MSW, LISW-S, CEIM - Current Board Vice President
Justine Tutuska, MPH, LMT, CEIM- Current Board President
Michael Curtis, MS, CEIM, IAIM-T - Re-elected by current board to fill vacancy

We bring a broad range of energy, passion and expertise, and we look forward to working as a team in the upcoming year, together supporting and growing IMUSA!

Skin-to-Skin Kangaroo Care Reduces up to 36% of Infant Deaths

By Vimala McClure for [IAIM](#)

This issue:

- New 2016 Board
 - "Skin-to-Skin Kangaroo Care Reduces up to 36% of Infant Deaths"
 - "Five Things to Know About Mental Wellness in Early Childhood"
- Book Review: *The New Father*
- Continuing Education

Recalls

IKEA Toy Drum Set

Zulily Children's Pajamas

Ace Bayou Bean Bag Chair

Skip Hop Crib Mobiles

Conferences

World Association for Infant Mental Health (WAIMH): [15th World Congress of the WAIMH](#);
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



Research from the Harvard T.H. Chan School of Public Health and Boston Children's Hospital says that skin-to-skin contact can reduce deaths for infants with low birth weight. Low birth weight infants are particularly vulnerable during their first month of life so the researchers encourage skin-to-skin contact, also known as Kangaroo Care, especially in developing countries where conventional treatments are not widely available.

Four million infants die during their first month of life worldwide each year. Health technologies like incubators improve outcomes for infants at a high risk, but this equipment is uncommon in low- and middle-income countries. Ninety-nine percent of all neonatal deaths occur in these countries due to the lack of facilities. [Read More...](#)

Five Things to Know about Mental Wellness in Early Childhood

By Lauren LaMonte, Rachel Gooze, et al. for [Child Trends](#)

The foundations laid in early childhood are critical for later emotional and mental wellness.

These [foundations for healthy](#)

[development](#) include sufficient nutrition, a safe environment, and warm, supportive interactions with caregivers. Since infants and toddlers form around [700 neural connections per second](#), stressful--or "adverse"--[experiences](#) during these years have the potential to influence brain development, especially if the experiences are ongoing or cumulative. Ongoing adverse experiences can contribute to developmental delays, including [emotional difficulties](#). It is estimated that between [10 and 14 percent](#) of children through age 5 suffer from an emotional or behavioral disturbance. [Read More...](#)

Helpful Links

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

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Book Review: The New Father-- A Dad's Guide to the First Year

By Therena Morris

One of the important topics discussed in [*The New Father – A Dad's Guide To The First Year*](#) [by Armin A. Brott] is the importance of understanding your baby's temperament. Research by psychiatrists, Stella Chess and Alexander Thomas, has found that a child's temperament is noticeable within hours or days after birth and tends to be consistent throughout their life. Temperament can determine a child's personality and dictate whether the child is perceived as an 'easy child' or 'challenging child'. It is important to note that

a child's temperament will affect their parents' attitudes and ultimately parental behavior. Parents who learn to understand and accept their child's temperament allow for better outcomes in dealing with future behavior issues. [...]

The information that I've learned about [the 9] temperament can be applied to my work as an infant massage instructor as I teach parents to read their child's cues as to whether or not their child wants to be massaged or if they like/don't like certain strokes. For the babies that have a Low-Sensory-Threshold it is important to minimize the amount of stimulation in the environment to ensure that they are comfortable (use of receiving blanket, towel, lighting, etc.) and enjoy the time bonding with parent(s).

When you order this book using [Amazon Smile](#), a portion of your payment is given to IMUSA.

Continuing Education

If one of your resolutions this year is to continue your education as a CEIM or Trainer, there are lots of new opportunities with organizations that work closely with IMUSA.

APPAH: The Association for Prenatal and Perinatal Psychology and Health is offering live [webinar courses](#) on Mondays on everything from epigenetics to parenting styles. Email [Kate White](#) with any questions.

H.U.G. Your Baby: The Help, Understanding, Guidance (H.U.G.) for Young Families Organization is having a sale on not only its [online courses](#), but its parent [resources](#) as well. Use discount code "HUG2016" at checkout for 15% off until January 31.

Zero to Three: If you weren't able to make it to the Zero to Three conference last month, you can still view any of the 11 sessions [On Demand](#). For a small fee, you can see one or all of the sessions until March 31.

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