

"I have decided to stick with love. Hate is too great a burden to bear" -- Dr. Martin Luther King, Jr.

# Tender Loving Care

January 2017



## Welcome New 2017 Directors!



Thank you to all of our members who voted and played an important role in developing our new IMUSA Board of Directors for 2017. We would like to welcome and congratulate our new directors:

Patrice Shinde, MS, ITDS, CAS, CEIM

Dan Berman, M.Ed, CEIM,

Elizabeth Cross, DPT, MSW, CEIM

Jennifer Schaefer, MA, CCLS, CEIM, CAS

As well as welcome back current directors

Justine Tutuska, LMT, MPH, CEIM, IAIMT - President

Kristine Snell, MSW, LISW-S, CEIM – Vice President

Valerie Garritano, CEIM – Treasurer

Joyce Ahrens, OTR – Secretary

Tania Stegan-Hanson, OTD, OTR/L, BCP, C/NDT, CEIM – Educational Coordinator

Michael Curtis, MS, CEIM, IAIMT – Chapter Representative

## This issue:

- Welcome New 2017 Directors
- Thank You, Volunteers
- Why We Carry Babies on the Left
- The Benefits of Infant Massage
- Kangaroo Care Benefits
- Quick Notes

## Recalls



Minnie and Mickey Mouse Hoodie



Active Kids Children's Shovels



Linon Dressers from Wayfair.com



Tea Collection Denim Jackets

## Trainings



Refer a friend to a training near him/her! For more dates, click [here](#).

[Oklahoma City, OK](#); January 31  
[Ramona, CA](#); February 16  
[Portland, OR](#); March 17  
[Concord, NC](#); March 20  
[Chicago, IL](#); March 21  
[Hickory, NC](#); March 31

Linda Storm, CEIM, IAIMT, IPMHC – Trainer Liason and International Trainer

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!

If members have ideas to share or questions they would like answered in next month's meeting, please [email](#) us before February 17.

## Thank you, Volunteers!



Barbara Zimmerman, IMUSA Continuing Education Coordinator and Millie Schaeffer-Hernandez, Facebook CEIM Support Group Administrator. IMUSA cannot thank you enough for yet another year of superlative volunteer work for our organization.

Once again you set the tone for the year by helping us in reaching our members

and assisting Infant Massage USA to be a provider of continuing educator hours for Ohio and California Nursing, AOTA, NASW, NCBTMB, and others. Regardless of the usual snags that life can throw our way, you both seamlessly handle and address these issues.



We are so fortunate to have the both of you. On behalf of Infant Massage USA, I express heartfelt thanks for both you.

Mercedes

## Why We Carry Babies on the Left

By Donee Restom

## Conferences

**Association of Maternal & Childhood Health Programs (AMCHP):** [Annual Conference](#)

; Kansas City, MO: March 4-7, 2017

**Association for Prenatal & Perinatal Psychology & Health (APPAH):** [20th International Congress](#)

; San Diego, CA: November 30-December 3, 2017

**World Association for Infant Mental Health (WAIMH):** [16th World Congress](#); Rome, Italy: May 26-30, 2018



## Helpful Links

- [CSEFEL](#)
- [CDC: Learn the Signs Act Early](#)
- [International Association of Infant Massage](#)
- [Mothering](#)
- [NCAST](#)
- [National Resource Center Zero to Three](#)



The next time you're holding your baby while you walk around the house, take notice, are you holding them to your left? Science says most of us are and the reason why is fascinating.

The favouring of one particular side when holding your baby is not something you would necessarily notice straight away. But this tendency in mothers, human and otherwise, is one that has had scientists scratching their head for a long time. [Read More...](#)

*This article was originally posted on the Infant Massage USA [Facebook Page](#). Be sure to Like the page to read this and other articles like it.*

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## The Benefits of Infant Massage

Holy Tired for the [MSU Extension](#)



Michigan State University Extension provides information on healthy development of infants. One way to encourage healthy physical and emotional health in infants is through infant massage. Infant massage has been around for a long time and is a part of

nature. Right at birth, newborns are massaged while being dried. This helps to encourage a reaction from infants to take that very first breath. It also happens that infant massage is beneficial for both babies and parents. The British Journal of Midwifery (2015) states that the practice of infant massage provides benefits for both mother and your baby.

*Trainer Michael Curtis, MS, CEIM, IAIM-T was interviewed by the Michigan State Extension for this article. [Read more of this article here.](#)*

# Kangaroo Care Benefits Preemies--Results 20 Years Later

By Vimala McClure, Founder



A new study reveals that skin-to-skin care brings both immediate and long term benefits for preemies compared to those who receive traditional incubator care alone.

With Kangaroo Care, a premature baby is held against parents' chest, skin-to-skin, as soon as possible after birth and for a prolonged period of time. This is extremely beneficial for newborns as well. Though it's a simple act, new research shows this technique, known as Kangaroo Care, not only improves survival of premature babies but also helps them thrive—even 20 years later. [Read More...](#)

To read this and other articles by our founder, click [here](#).

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## Quick Notes

### Doctors Conducting Research to Determine a Baby's Mood



Child psychologist Nancy Jones wanted to know more about

### Baby Makeup Tutorial



the possible impact a mother's depression has on her baby [...] but how can you measure a baby's mood? [Read More...](#)

Toddlers have a very unique vision, especially when it comes to makeup.

Mom Meredith Warfel uploaded a [YouTube makeup tutorial](#) featuring her 2-year-old daughter Quinny. Unsurprising hilarity ensues as the toddler takes a rather liberal approach to quantities.

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