

"Touch comes before sight, before speech. It is the first language and the last, and it always tells the truth" -Margaret Atwood

Tender Loving Care

July 2015



CEIM Presents Tedx Talk

In April, Dr. Mary Kay Keller, CEIM, delivered a Tedx Talk to a group in Tallahassee, Florida on what first time fathers revealed to her as she completed a research project. We are so proud to have a CEIM present to such a prestigious program!



Expectations Shape Babies' Brains

by Vimala McClure, IAIM® founder



Researchers have found that infants can use their expectations about the world to rapidly shape their developing brains.

Portions of babies' brains responsible for visual processing respond not just to the presence of visual stimuli, but also to the mere expectation of visual stimuli, according to researchers from Princeton University, the University of Rochester and the University of South Carolina. That

type of sophisticated neural processing was once thought to happen

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Recalls

-  DaVinci Crib
-  Otteroo Baby Floats
-  Little Digger Toy
-  NeoRok Stool

Conferences

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

only in adults and not infants, whose brains are still developing important neural connections.

“The findings offer insights that can shape future research in the area,” said Janet Werker, a professor at the University of British Columbia.

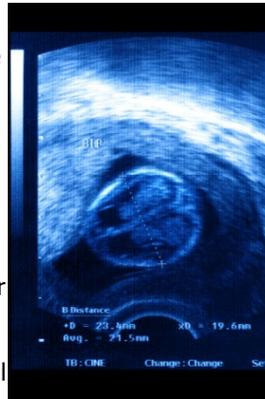
The research, published online in the Proceedings of the National Academy of Sciences, made a series of experiments with infants aged five to seven months. After exposing the infants to sounds and images for a little over a minute, the researchers began omitting the image. [Read More...](#)

This article was originally posted on the [International Association for Infant Massage](#)®.

What Poverty Does to a Young Brain

By Madeline Ostrander for [The New Yorker](#)

The brain’s foundation, frame, and walls are built in the womb. As an embryo grows into a fetus, some of its dividing cells turn into neurons, arranging themselves into layers and forming the first synapses, the organ’s electrical wiring. Four or five months into gestation, the brain’s outermost layer, the cerebral cortex, begins to develop its characteristic wrinkles, which deepen further after birth. It isn’t until a child’s infant and toddler years that the structures underlying higher-level cognition—will power, emotional self-control, decision-making—begin to flourish; some of them continue to be fine-tuned throughout adolescence and into the first decade of adulthood.



Pat Levitt, a developmental neuroscientist at Children’s Hospital Los Angeles, has spent much of his career studying the setbacks and accidents that can make this construction process go awry. In the nineteen-nineties, during the media panic over “crack babies,” he was among a number of scientists who questioned whether the danger of cocaine exposure in utero was being overstated. [Read More...](#)

Making Baby Comfortable in Summer Heat

**THE CONVERSATION
BETWEEN YOUR
FINGERS AND
SOMEONE ELSE’S
SKIN IS THE MOST
IMPORTANT
DISCUSSION YOU
CAN EVER HAVE**

Helpful Links

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

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Patricia Harvey posted some great tips on the Infant Massage USA® CEIM Support Facebook page this month. See what she had to say:

Raising kids in New Mexico, I had to make sure my babies were protected from the summer sun, so I posted some ideas for keeping babies nice and comfy in the heat, prompted by a recent trip to see my grandchildren.

One day I noticed that my 6 month-old granddaughter seemed crabby and extra fidgety, which is not typical for this laid-back third baby. I was wearing jeans and a short-sleeved top, but felt warm in the house. Since she was wearing several layers, I guessed she might feel even warmer.

The minute I took off her long-sleeved creeper she seemed to relax. Down to a onesie and t-shirt, she began wiggling her arms and legs, all happy and smiling, as though she was saying, "Ahhhh!"

At that moment, I remembered my mother's sage advice: "Dress the baby the way you are dressed. If you're comfortable, your baby will be comfortable, too."

Here they are: seven tips for keeping baby happy and comfy all summer long:



~ Avoid taking baby out during the peak hours of 10-2, when the sun's rays are the most damaging.

~ Cotton clothing breathes, whereas synthetic fabrics do not. Also, pick light-colored clothing for baby. It reflects the sun's rays.

~ Pick a lightweight baby carrier with vents for breatheability and watch that your child doesn't become overheated when she's in it.

~ If your house is air conditioned, check your baby's hands and feet to make sure they are not chilled. Add socks and/or an extra layer of clothing if need be, especially at night.

~ Keep an extra sun hat in the car - just in case - along with sunscreen appropriate for babies over 6 months. For younger babies, a spare umbrella can provide shade on an outing. Look for a shade tree or awning to "park" yourselves under. Or make a tent from a blanket, fastened in place above the baby.

~ It's OK if your baby wants to nurse more in summer. She needs to nurse more so she doesn't get dehydrated. (Remember that babies under 6 months don't need extra water.)

~ Babies don't sweat like adults, so check baby frequently for overheating. And never leave a baby alone in a hot room or car - even if they are asleep. Rising temperatures can quickly cause heatstroke and even death.

For more ideas and a helpful video, check out this [clip](#) from [Parents Magazine](#).

CEIM Spotlight: Shalyn Bravens



Q: How long have you been a CEIM?

I was trained in October of last year and became a CEIM this spring.

Q: What's been the most effective way to get parents in your classes?

Our ECI (Early Childhood Intervention) team members have done a great job of inviting families to my classes, however I think the website www.FreeFuninAustin.com has been the most successful outreach tool for me. I always make sure to send the parents a reminder via phone, email or text message the day before classes, too! When I teach classes at other locations like childcare centers, they typically have a group of families already gathered, ready to learn!

Q: What resources do you use that have been the most helpful?

I love supporting the parents with activities suggested for each infant's age in order to help support development in all areas. The Ages and Stages Questionnaire Learning Activities have been well received and make great supplemental graduation goodies for parents that complete the course. I like to give the parents the activities for the current age and next age level up so they can continue to support their little ones for a few extra months. My organization also gives parents copies of 'American Baby' for them to keep and they love the articles and helpful tips!

Q: What's the most rewarding part of being an infant massage educator?

I absolutely love working with parents, and it is especially rewarding for me to work with parents of infants since I know this family is getting started on a healthy, strong path right away. I love when I have couples in the class together and I get to see both parents engage in the bonding experience of the massage with their new child. There is just something so special about being able to witness parents and babies engage in positive and loving ways!



Quick Notes

Mother's Touch on Unborn Baby



We all know how important touch is for babies, but a study now suggests that touch is important to a fetus as well. According to the study by [PLOS.org](https://doi.org/10.1371/journal.pone.0151111), fetuses reacted and moved more when the mother's stomachs were touched. The study made an overall conclusion that there were more arm and head movements such as arm crossing and yawning as the mothers rubbed their bellies. There is indeed a powerful connection to touch as compared to the voices of the mothers.

Warehouse Item



Here is a fun [onesie](#) for your baby that will make learning the stomach strokes easy! Just follow the drawings and arrows on the abdomen and you can help your baby release gas, be more regular in the movement of his bowels, and be a happier little one. The sturdy and smooth fabric of this onesie, make massage easy. 100% cotton. Size 0-3.

***Get this onesie for free when you [order](#) the Sensational Baby Premier Business Package!

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