

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



infant massage usa
"It's amazing!"

Tender Loving Care

June 2013

Thoughts to Share

IMUSA is fortunate to have an amazing facebook page. Our feed provides clear concise messaging that can influence parent's knowledge about nurturing their child. Suzanne Reese, one of our IM USA trainers, manages this Social Media site. We are grateful for her masterful work.

Enhancing our Social Media footprint is more than a one-person responsibility. We can all participate in enhancing our mission by using the energy our Facebook page is generating and participating in two-way conversations. Jennifer James, a globally recognized Mom blogger shares it is important to respond to tweets, comment on facebook or google+. Share our mission. Share what you know about the importance of Infant Massage and tout your credentials. Share experiences. Encourage parents to share their experiences.

IMUSA is always in search of advocates, volunteers, and advisers who can assist with social media, our newsletter, or other volunteer opportunities in an effort to expand our footprint in society. Our babies depend on us all, let's step up and create more nurturing connections.

Angela Rau

Board President

The Tao of Motherhood by Vimala McClure

No Blame

Knowing how things work
is helpful to you. But remember,
mothers have mothered since the
dawn of time, and it all seems to
work out in the end.

If you don't know your intuition,
it is no crime. However, if you
know how things work, you are
fortunate. Your behavior will be
more effective, your words will
have more power, your decisions
will be good ones.

Since ancient times people have revered those whose spiritual faculties are well developed.

Possible Connection Found Between Infantile Colic and Pediatric Migraine

Babies with colic may be at heightened risk for developing migraines later in childhood, according to a new study that helps provide some clues about inconsolable crying - usually more than three hours a day in infants up to six weeks old - that can leave new parents frustrated and sleepless.

The European study of 208 children and teens who were diagnosed with migraines at emergency departments found that nearly 73 percent of them had a history of colic in infancy, compared with 26.5 percent of a control group of children. [Read more](#)

Inconsolable Infant Crying and Maternal Postpartum Depressive Symptoms



A recent research study found the maternal report of inconsolable infant crying may have a stronger association with postpartum

depressive symptoms than infant colic. Asking a mother about her ability to soothe her infant may be more relevant for potential intervention than questions about crying and fussing duration alone. [To read the abstract click here.](#)

Supporting Fathering Through Infant Massage

Fathers may feel dissatisfied with their ability to form a close attachment with their infants in the early postpartum period, which, in turn, may increase their parent-related stress.



Our study sought to determine if an infant massage intervention assisted fathers with decreasing stress and increasing bonding with their infants

during this time. To address the complex father-infant relationship, we conducted a pilot study using a mixed methodology approach. Twelve infant-father dyads participated in the intervention, and 12 infant-father dyads populated a wait-list control group.

Paternal stress was measured using the Parenting Stress Index at baseline and at post-intervention. We found infant massage instruction significantly decreased paternal stress. Our findings were also supported by the qualitative data and suggest fathers may benefit from applied postnatal education.

[To Read More:](#)

Building Adult Capabilities to Improve Child Outcomes

[To watch this short video](#)

The IAIM philosophy is for CEIMs to support and respect parents and encourage them to be more aware and responsive to their babies.

This video, from the Harvard University Center on the Developing Child, is an affirmation of the philosophy which surrounds parents with genuinely supportive environments and relationships - rather than merely giving out a brochure or providing information. The Harvard Center has produced some great resources along the way, and their [latest video](#) - explaining why improving children's lives depends ultimately on supporting and improving the lives and capabilities of parents does not disappoint.

"The reason [programs/ services] are not getting a bigger impact is not because we don't know about how to influence development, but because we're giving information and advice to people who we need to do active skill building with. Skill building by coaching, by training, by practice. We're not doing that. So we now have developed this theory of change, that says 'we need to focus on the development of the adults who are important in kids lives. We need to focus on their skills, their needs'."

~ Jack Shonkoff

As you can see the philosophy of Jack Shonkoff is very compatible with ours.

No Tummy Time Necessary

Infants Learn to Look and Look to Learn: Model Explains Crucial Links Among Looking, Learning, and Memory

Researchers at the University of Iowa have documented an activity by infants that begins nearly from birth: They learn by taking inventory of the things they see.



Photo: Hemera/Thinkstock

In a new paper, the psychologists contend that infants create knowledge by looking at and learning about their surroundings. The activities should be viewed as intertwined, rather than considered separately, to fully appreciate how infants gain knowledge and how that knowledge is seared into memory.

[Read more:](#)

Recent Research



Allowing babies to move freely, according to their own inner schedules and dictates, is a hallmark of Magda Gerber's RIE

philosophy. When babies are allowed to develop naturally, in their own time and their own way, they learn to move with ease and grace. They tend to have excellent body awareness and posture, and a good sense of where their bodies are in space.

Allowing a baby's gross motor development to unfold naturally means avoiding placing babies into positions they can't get into or out of on their own. Ideally, young babies are placed on their back not just for sleep, but for play time as well, because this is the position that most supports their bodies, and in which they are most relaxed, and free to move. This means no tummy time for babies until they spontaneously begin to roll first to their sides, and then unto their tummies. It means not pulling or propping a baby with pillows into a sitting position until he can move into this position on his own. It means avoiding all baby "containers" like bouncy seats, exersaucers, and baby swings, and using car seats judiciously. It means not lifting a toddler onto a piece of play equipment, like a slide, that she can't yet scale herself. [To read more.](#)

~The [Family Integrated Care Program](#) at Mount Sinai Hospital, Neonatal Intensive Care Unit, focuses on supporting parents to provide most of the daily care for their babies. In this model, the role of hospital staff is "hands-off" - instead providing education, guidance and support. The program has recently been evaluated, with the results showing the fragile babies who are cared for by their parents (who are, in turn, supported by specifically-trained staff) in hospital gain more weight (24.5%) and have almost double the breastfeeding rates of babies who are not cared for by their parents. Parent-given care also reduces parent stress and depression scores, and the rates of infection and other critical medical incidents in fragile babies.

~Babies really do cry for a reason. In the study that qualifies for the title of [groundbreaking research](#) of the month, infant observation specialists have identified distinct patterns of facial expression and vocal patterns, depending on whether a baby is crying for fear, pain or anger. This is really important information.



(Credit: Image courtesy of Plataforma SINC)

~A retired Clinical Professor of Pediatrics wonders whether the growing number of children with developmental difficulties may be a result of fetal PTSD. [Read more.](#)

**Have you found us on Facebook?
Come join us.**

[Follow us on Twitter](#) | [Find us on Facebook](#)

Knowledge for information found in the IAIM Australia Chapter May newsletter.

Copyright © 2012 {Infant Massage USA}. All rights reserved.
Contact email: {General.info@InfantMassageUSA.org}

You are receiving this message because you opted in at www.InfantMassageUSA.org

[Unsubscribe](#)