

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



infant massage usa
"It's amazing!"

Tender Loving Care

March 2013

Thoughts to Share

It has been eight years ago this month since Infant Massage USA became the US Chapter to the International Association of Infant Massage. We started with the best wishes from Vimala McClure and Audrey Downs with five trainers, less than 200 students and a few members.

Today we have a Board of Directors with seven members, 11 trainers who work in the United States and one in Germany working with our military. Our current membership is almost 1,000. We have trained almost 5,000 people who are working with tens of thousands of parents. We have stayed true to Vimala's the Vision and the Mission of the International Association.

We wanted to take this opportunity to thank you for your help and support of IMUSA over the years and also to thank you for all you do to help parents and babies. Together we are working to make a difference.

Angela Rau

Board President

The Tao of Motherhood by Vimala McClure

Being

We all come from the One and
return to it.

Stop and bring your consciousness
into this moment. Let your heart
absorb your mind. Can you feel
the oneness that connects you
with your child?

Surrendering to the one is
the Way.

Everything comes from Being,
Being springs from that which
is beyond Being.

10 Ways Babies Learn When We Sing To Them!



Photo: Hemera/Thinkstock

By Cathy Fink and Marcy Marxer

1. **Bonding** – When you sing to your baby, she bonds with you and your voice. Singing makes yours the first and most important voice in her life. Your baby learns that you LOVE her!
2. **Transitions** – Babies feel safe when life is predictable. A song for waking up, sleeping, and other routine transitions and activities helps them know what comes next.
3. **Language** – Language is in itself musical, and when you sing and speak, your baby learns about words, language, and communication. Through your singing, baby's language comprehension begins.

[From NAEYC for Families](#)

Early Childhood Mental Health

From the Center on the Developing Child



The science of child development shows that the foundation for sound mental health is built early in life, as early experiences - which include children's relationships with parents, caregivers, relatives, teachers, and peers - shape the architecture of the developing brain. Disruptions in this developmental process can impair a child's capacities for learning and relating to others, with lifelong implications. This [new two-page summary](#) undefined part of the [InBrief series](#) undefined explains how experiences interact with genetic predispositions to shape an enduring foundation for mental health in early childhood and how interventions can treat or prevent disruptions.

[Read more and download InBrief: Early Childhood Mental Health](#)

Nap It In The Bud! New Study Says Napping Parents Means Happy, Healthy Babies



The recommendation to “sleep when your baby sleeps” may have additional benefits than just helping parents feel more rested. A recent study examined the association between maternal napping postpartum and mother-child interactions. There were 2 goals of this study. The first was to describe postpartum mothers’ sleep patterns at about 5 months postpartum. The second was to see if maternal napping positively affected mother-child interactions. Even though the study itself was small, with 23 mothers of babies averaging about 5 months of age, the results are intriguing. Here are the findings:

Findings: Postpartum Sleep at 5 months Mothers were awake an average of 49 minutes per night after they fell asleep for the night.

Among the 23 mothers, 57% napped, and of those who napped, they did so 2.3 times per week on average.

[Click here for more details.](#)

The Power of Touch

Working Paper Establishing a Level Foundation for Life: Mental Health Begins in Early Childhood

The new InBrief provides an overview of [Establishing a Level Foundation for Life: Mental Health Begins in Early Childhood](#): Working Paper 6 by the National Scientific Council on the Developing Child. The paper has been newly updated to reflect recent scientific research on how emotional well-being can be strengthened or disrupted in early childhood.

Click the link above to download the PDF.

Newborn Infant Crying: What To Remember When Your Baby Cries

By Susan Brink for the Huffington Post

When a newborn infant screws up her face and lets loose with a full-throated wail, it's one of the most nerve-jangling sounds we can hear. Even worse is the eerie silence that can come between screams. When the howls go on and on, we instinctively want to do something to help. We want to make the crying stop.

But, what do we do after we've diapered, fed, swaddled, cuddled, rocked, sung, de-swaddled, re-diapered, bounced, swung and walked the floor? What do we do if we've emptied our entire bag of infant-calming tricks and nothing works?

Here's what we do. We hang in there. We do our best to stay calm. We keep trying.

[Read more!](#)

Your phone vs. Your Heart

Touch is the first sense we acquire and the secret weapon in many a successful relationship. Here's how to regain fluency in your first language.

By [Rick Chillot](#), published on March 11, 2013 Psychology Today

You're in a crowded subway car on a Tuesday morning, or perhaps on a city bus. Still-sleepy commuters, lulled by vibrations, remain hushed, yet silently broadcast their thoughts.

A toddler in his stroller looks warily at his fellow passengers, brows stitched with concern. He turns to Mom for reassurance, reaching out a small hand. She quietly takes it, squeezes, and releases. He relaxes, smiles, turns away undefined then back to Mom. She takes his hand again: squeeze and release.

A twenty-something in a skirt and blazer sits stiffly, a leather-bound portfolio on her lap. She repeatedly pushes a few blonde wisps off her face, then touches her neck, her [subconscious](#) movements both revealing and relieving her anxiety about her 9 a.m. interview.

A couple propped against a pole shares messages of affection; she rubs his arms with her hands, he nuzzles his face in her hair.

A middle-aged woman, squished into a corner, assuredly bumps the young man beside her with some elbow and hip. The message is clear; he instantly adjusts to make room.

[To read the full article](#)

By BARBARA L. FREDRICKSON
March 23, 2013 in the NY Times

Published:

Can you remember the last time you were in a public space in America and didn't notice that half the people around you were bent over a digital screen, thumbing a connection to somewhere else?



Kristian Hammerstad

Most of us are well aware of the convenience that instant electronic access provides. Less has been said about the costs. Research that my colleagues and I have just completed, to be published in a forthcoming issue of Psychological Science, suggests that one measurable toll may be on our biological capacity to connect with other people.

Our ingrained habits change us. Neurons that fire together, wire together, neuroscientists like to say, reflecting the increasing evidence that experiences leave imprints on our neural pathways, a phenomenon called neuroplasticity. Any habit molds the very structure of your brain in ways that strengthen your proclivity for that habit.

[To read the full article click here.](#)

Save at the Infant Massage Warehouse

Here is an opportunity to support Infant Massage USA and save some money at the same time.

From now until June 28, 2013 **save \$5** off your order of \$50 or more. Please use the **Coupon Code NL550** as you check out.

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