

March 2016

First Connections

Infant Massage and More



infant massage usa
"It's amazing!"



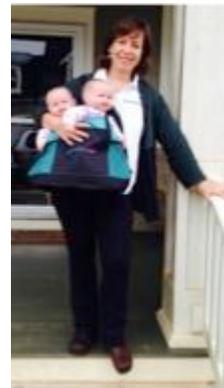
Welcome!

A new year brings excitement and hope!
Time passes by so quickly and our children grow and mature right before our very eyes, so cherish each moment with your families.

We welcome your ideas for topics you would like to explore in the Parent Newsletter.

Please feel free to [email](#) me your suggestions.
May 2016 be a wonderful year for you and your loved ones.

Warmest wishes,
Lou Ann Damsma, CEIM





*Have Babies Will Travel:
Award Winning Educator Launches New
"Sensational Baby" Program*

Kate White is the Director of the Center for Prenatal and Perinatal Programs in downtown Charlottesville, VA. This program is committed to "increasing prenatal and perinatal outcomes through education, therapy, research and communication". As a Certified Educator of Infant Massage, Kate brings her dolls with her for classes, but often receives questions if the babies are real! Kate is dedicated to improving the culture of birth in central Virginia as well as promoting nurturing touch through her infant massage classes. You can read her story [here](#).

To locate an Infant Massage class near you, click [here](#).

You Can't Spoil Your Baby

Notre Dame professor of psychology, Darcia Narvaez is a specialist in moral development. She studies the influence of early life experiences on brain development. When asked if parents will spoil a baby by picking them up when they show signs of distress, she responds, "No, you can't spoil a baby. You are actually ruining the baby if you don't pick them up. You are ruining their development." Studies show that responding to a baby's cries as opposed to letting them "cry it out" has been linked to positive emotional outcomes in adults. Follow this [link](#) for the interview with Professor Narvaez and find her research in the Notre Dame news [here](#).



Product Recalls

The United States Consumer Product Safety Commission provides up to date information on product recalls by categories. There is a tab for "Babies and Kids" to access recent products, clothing, toys, furniture, etc. that have safety related concerns. The site also provides seasonal safety tips and other helpful information for families. Click [here](#) to access this important information.



"There really are places in the heart you don't even know exist until you love a child." -
Anne Lamott, *Operating Instructions: A Journal of My Son's First Year*

Vimala McClure, the author of *Infant Massage, A Handbook for Loving Parents* is the founder of the International Association of Infant Massage with headquarters in Sweden. Her work is the foundation for all of our trainings and classes.

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