

"There is no such thing as a perfect parent. So just be a real one." -- Sue Atkins

Tender Loving Care

November 2016



Congratulations New Trainers



Every two years the International Trainers meet before the Educational Conference. This year, IAIM welcomed five new International Trainers to its Circle. This year was very special to have Vimala present the newest International Trainers with their certificates. Two of the new trainers are from the United States. The top right is Vonda Jump and the bottom right is Justine Tutuska, our IMUSA Board President.

Congratulations to our new trainers! The board wishes you success in the future and appreciates your dedication!

Stay tuned for details on this year's Educational Conference in next month's newsletter!

This issue:

- Congratulations New Trainers
- IAIM Newsletter Now Available
- Depression in Pregnancy
- How an Infant's Brain Decodes Social Behavior
- Massage Found to Benefit Preterm Infants
- Quick Notes

Recalls



Skidders Footwear



Projection Night Lights



LullaBelay Car Seat Straps



Target Halloween LED Gel Clings



Chimparoo Baby Carriers



Mamas & Papas Armadillo Stroller

IAIM Newsletter Now Available



The IAIM Newsletter Committee is proud to share its last *I.N. TOUCH* posting for our 2014-2016 term of office.

1. Go to <http://intouchiaim.wordpress.com>
2. Enter the Username: iaimchapters
3. Enter the password: NurturingTouch2

- Note: If you have another WordPress account, sign out from that account, first.
- This issue contains important news and updates.

Enjoy!

Depression in Pregnancy May 'Age' Children's Brains

By Fran Lowry for [Medscape](#)



Summer Infant Bath Tub

Trainings



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

[Northampton, MA](#); November 29
[Tucson, AZ](#); December 1
[Morristown, NJ](#); December 6
[Springfield, VA](#) (DC area); Dec 7
[Ramona, CA](#); February 16

Conferences

Zero to Three: [Annual Conference](#); New Orleans, Louisiana: December 7-9, 2016 A CEIM get together is being planned for the evening of December 8, from 6:30 - 7:30 PM. If you plan to attend the ZTT NTI, stop by the IMUSA booth to learn more about the get together. Four of our Board members will be in attendance, Joyce Ahrens, Michael Curtis, Tania Stegen-Hanson, and Kristine Snell.

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



Higher levels of maternal depressive symptoms prenatally and postpartum have been linked to the thinning of the cerebral cortex in young children, new research shows.

The findings suggest that maternal depression in pregnancy could adversely affect a child's brain development, underscoring the importance of treating depression in pregnant women, lead author Catherine Lebel, PhD, University of Calgary, Alberta, Canada, told *Medscape Medical News*.

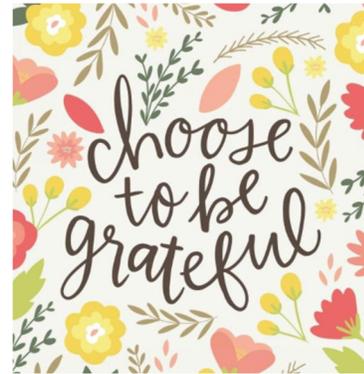
"We found an association between brain structure in the kids and maternal depressive symptoms, so, while we cannot say the depressive symptoms cause this, there is definitely something different structurally in the brains of kids whose moms were more depressed," Dr Lebel said. [Read More...](#)

How an Infant's Brain Decodes Social Behavior

By Vimala McClure, Founder



Infants' brains can understand what they are observing and thus can copy other people's action, finds a study providing evidence that directly links neural responses from the motor system to overt social behavior in infants. Babies understand what they are observing. There is a direct connection between observing others, understanding



Helpful Links

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

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what others are doing, and learning how to act--abilities which are often disrupted in developmental disabilities, including autism, the researchers said. [Read More...](#)

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

Massage Found to Benefit Preterm Infants' Brain Electrical Activity

By [Massage Magazine](#)



Massage therapy has been found in past studies to boost preterm infants' **weight**, help their rest-activity cycle, and benefit parent-infant bonding.

New research indicates that massage therapy benefits preterm infants' brain electrical activity.

The investigators set out to test the hypothesis that massage determines changes in EEG spectral activity, a highly sensitive index of brain maturation, in preterm infants, according to an abstract published on www.pubmed.gov.

Infants were randomly allocated to a massage or comparison group, the abstract noted, and intervention consisted of standard care only (comparison group) or standard care plus infant massage (massage group). "Massage was started at around 10 days after birth and was provided for 12 days during a two-week period," stated the abstract. "EEG was performed at around one and four weeks, i.e. before and after intervention.

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Quick Notes

IMUSA Warehouse

Jim Gaffigan on Parenting



Great news! Now when you order from the [IMUSA warehouse](#), you can get 10% off your order! Current CEIMs are eligible to receive a discount by entering the discount code listed on the CEIM resource page. Membership not current? Contact the [Membership Office](#) for assistance.



Want to know what it's like to have four kids? According to Jim Gaffigan, just imagine you're drowning and someone hands you a baby. Watch his [video](#) for a seven minute clip on his hilarious experience raising four kids in a two bedroom Brooklyn apartment. (Don't worry. He thought it through!) Love it? Watch *Mr. Universe* on Netflix!

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