



## **From the Desk of Executive Director,**

### **IMUSA**

#### **Where do you want to be one year from now?**

Most of my associates respond with "I don't want to think past this weekend"....which flies by far too fast.

Me? Most of my recent sleepless nights are enveloped with figuring out how to get IMUSA to surpass the #1 spot that it is ALREADY in. We are there. We just need the public, our public, to know this and I think we need to know this as a group.

We have in our hands a technology that can change the world, quite a profound statement but true nonetheless!

If 80% of the parents in this country understood and applied Infant Massage to their children how would this affect these families, their children, and their futures? I'm a biggie on "Cause & Affect," I know a kind word can save someone's day, and a bad one can lead to tragedies.

I have read and heard the successes of infant massage. Children who are grown, confident, individuals that have maintained solid relationships with their parents. Solid foundations put in place that enabled these bright stars at such a young age. These now young adults massaging their children and practicing holistic subjects selflessly introduced by some of the most loving parents walking this planet, and yes we are talking about you.

My issue: What's the goal? Hence, where do you want to be in one year?

I'll start with myself, I need every one of you to be successful as a Trainer, CEIM, Parent, Volunteer and

## **The Tao of Motherhood by Vimala McClure**

### **Hypocrisy**

When you forget that you and your children are instruments of the One, dogma takes over. You begin to think in judgments of yourself and others:

*"All mothers should (stay home, have a career, be involved with school, help with homework, keep a spotless home...) therefore I'm not a good mother if I don't."*

Or, *"All children should (be polite, respect their elders, help at home, get good grades, win in sports, be popular, appreciate good music, read great books...) therefore my children are bad if they don't."*

When truth is forgotten, acceptance, tolerance, compassion, and flexibility give way to judgment, intolerance, meanness, and rigidity.

Hypocrisy follows.

Children who are closer to their birth and thus to the experience of Oneness, rightly reject hypocrisy.

Continuing Education participant. That is how I will measure myself. Because if you are successful the goals of this organization can and will be recognized.

I have made the following statement to individuals; I am going to say it to you all now. It's much like eating an elephant, it can be done, just one bite at a time. I am in this for the long SUCCESSFUL haul, we have an amazing group with tools that our society needs, let's not let them down.

Start with this; Where do YOU want to be one year from now?

***Kindest Regards,***

***Mercedes***

Mercedes  
DelCastillo  
Director

Executive

## **Fussy Baby Network Training & Meet & Greet**

We are looking forward to seeing you at the Fussy Baby Workshop this month. We hope you will be able to join us Wednesday night, October 23, for **an IMUSA Meet and Greet from 6:00 PM - 8:00 PM**. Let us know if you can attend. Please email Sarah at [borochov.sarah@yahoo.com](mailto:borochov.sarah@yahoo.com)

Erikson Institute's Fussy Baby Network® and Infant Massage USA® are partnering to offer a one-of-a-kind 2-day, advanced continuing education workshop for CEIMs.

Participants will learn the Fussy Baby Network's FAN approach to parent engagement. The FAN approach offers professionals a framework to guide interactions with parents, particularly when parents have an urgent concern about their baby and/or are experiencing high levels of stress. In this two day advanced training, CEIMs will gain skills to support parents in their Infant Massage classes who are experiencing early regulation issues such as excessive crying, disrupted sleep, feeding issues or general fussiness. Training in the FAN approach guides professionals to understand what might be most helpful to parents in the moment, and how to respond in a way that matches their baby's needs. Additionally, this advanced training will provide Infant Massage Educators with more

## **Pediatricians Take On Toxic Stress**



A growing body of scientific evidence about the power of severe childhood stress to weaken brain architecture and damage lifelong health is prompting leading pediatricians to call for a seismic shift in pediatric primary care. The American Academy of Pediatrics (AAP), which represents 60,000 physicians, is planning a comprehensive public health strategy to identify and reduce toxic stress in their youngest patients. They see

insight into infant regulation based on Heidi Als' Synactive Theory of Development.

## **FUSSY BABY WORKSHOP**

**Expand your knowledge and expertise to support families!**

**October 23 and 24, 2013**

**9:00 AM – 5:00 PM**

**Erikson Institute**

451 North LaSalle, Chicago, IL 60654-4510

**Presenters:** Linda Gilkerson, Marsha Baker and Jennifer Hofherr

**Cost \$325 prior to October 10, 2013, after October 10, \$350.**

**Space is limited for this workshop. Register early.**

**To register [click here](#) or for more information contact:**

Margaret Reardon, [MRearon@Erikson.edu](mailto:MRearon@Erikson.edu)

this not only as a way to improve their patients' health across the lifespan, but also as a means of improving the *nation's* health - and economy.

The AAP is designing a three-step approach of prevention, screening, and treatment to help pediatricians intervene as early as possible. The organization wants pediatricians to routinely screen babies, toddlers, and preschoolers for social and emotional difficulties that can be signs of toxic stress – and to work with specialists to find effective interventions. The AAP is also creating a parent education campaign to teach all caregivers how to support social and emotional development and enhance coping skills.

The efforts will reach well beyond the pediatrician's office, too. The AAP is bringing attention to broader issues, such as identifying what kinds of changes will be needed in pediatric support structures. Top priorities include better mental health training in pediatric residency and continuing education programs, fair payment systems for the extra time pediatricians will spend on screening and coordinating care of children found to be at risk, and expansion of high-quality specialty services where children can be treated.

In the coming months, the AAP will seek feedback through an extensive review

process before making official recommendations to the field. And while the details will be difficult to work out, AAP leaders are committed to refocusing pediatric practice.

[Read More](#)

## The Science of Neglect



Extensive biological and developmental research shows significant neglect--the ongoing disruption or significant absence of caregiver responsiveness--can cause more harm to a young child's development than overt physical

abuse, including subsequent cognitive delays, impairments in executive functioning, and disruptions of the body's stress response. This new [two-page summary](#)--part of the [InBrief series](#)--explains why significant deprivation is so harmful in the earliest years of life and why effective interventions are likely to pay significant dividends in better long-term outcomes in learning, health, and parenting of the next generation.

[Read more and download InBrief: The Science of Neglect](#)

## Infants can remember emotional events: study

A new study led by a University of Toronto Scarborough psychologist shows that human infants can remember unusual emotional events. Investigating the impact of relationship disruptions on stress regulation in infants, researchers asked parents to briefly ignore their six-month-old infants during an experiment, which caused an elevation in infant stress hormones, said Dr. **David Haley**, a psychologist at the University of Toronto Scarborough and the lead investigator of the study. To see whether infants would remember this episode of parental unresponsiveness, infants were re-exposed to the same context after 24 hours. Although parents did not ignore their infants on this second day of the experiment, the infants demonstrated an anticipatory stress response, as evidenced by an elevation in cortisol, a stress hormone. Overall levels of stress hormones were lower on the second day compared with the first day, however, suggesting that infants can anticipate the stressful event based on expectations about how their parents will treat them, but are able to adapt to the stressor.

[Read more](#)

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## Book Review: Two Thousand Kisses a Day: Gentle Parenting Through the Ages and Stages by L.R. Knost

Book Review by Cindy Larsen

As an infant teacher for over four years, I have taken note of different ideas and approaches that many parents have as they come through our classroom and I establish relationships with their families. I have had lots of conversations with these parents and have done reading and research, especially online. In the reading I have done I kept coming across an author named L.R. Knost and was seeing references to a book that she wrote called Two Thousand Kisses a Day: Gentle Parenting Through the Ages and Stages. I finally was so intrigued that I ordered it and read it in just a few days. One aspect of infant development discussed in this book that I found interesting was woven into the entire foundation of the book and would be considered under the area of social-emotional development and well-being: the whole premise of **connections** or bonding and attachment. This book is all about gentle parenting. It is about guiding instead of controlling, connecting instead of punishing,



Read more at: <http://phys.org/news201964561.html#jCp>

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## How Babies Experience the World

*"You can discover more about a person in an hour of play than in a year of conversation."*  
~Plato

In [The Philosophical Baby: What Children's Minds Tell Us About Truth, Love and the Meaning of Life](#), Alison Gopnik talks about the differences in the way adults and babies experience the world:

"...Babies are actually aware of much more, much more intensely than we are.... Instead of experiencing a single aspect of their world and shutting down everything else, they seem to be experiencing everything at once. Their brains are soaked in cholinergic transmitters with few inhibitory transmitters to allay their effects. And their brains, as well as their minds, are dramatically plastic, profoundly open to new experiences....

"But what does it feel like to be this way?... Think about the adult experience of travel undefined particularly travels to an exotic place.... An adult in a strange place is like a baby in many ways. There is a great

and encouraging instead of demanding. It's all about following the cues of a child and respecting those.

[To read the full review](#)

deal of new information available at once. And the traveler is not in a good position to make 'top-down' decisions beforehand about what kinds of information are going to be relevant. Like the baby, the traveler's attention is likely to be caught by external objects and events, rather than determined by her own intentions and decisions."

[To read more](#)

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### **Shop Amazon for your back to school needs and support IMUSA.**

Just link through Infant Massage USA homepage to amazon and shop for all of your needs. Best of all IMUSA will receive a percentage of purchase. Thanks for your support.

We want to thank the Australia Chapter to the International Association of Infant Massage for their work in collecting much of the information in this newsletter.

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

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