

"A baby is born with a need to be loved - and never outgrows it." -Frank A. Clark

Tender Loving Care

October 2014



infant massage usa®
"It's amazing!"

Fussy Baby Workshop Review



After a successful Fussy Baby Workshop in Chicago, Illinois last year, it was obvious that certified educators of infant massage on the east coast were interested. "When I heard they were presenting especially for

CEIMs, I was so excited to attend!" Jennifer Brown Guiney, CEIM, IMH-E (II) said.

Due to all the interest, The Erikson Institute's Fussy Baby Network® and Infant Massage USA® held a second workshop for 14 CEIMs in Springfield, Virginia on August 11 and 12. "One of the things about the training that attracted me was that it was offered as a collaboration between Infant Massage and Fussy Baby Network. The information about the Fussy Baby format and the FAN tool fit perfectly into my teaching of Infant Massage" Dan Bonior said.

During the two-day workshop, CEIMs learned the FAN approach, which offers professionals a framework 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. This method is particularly helpful when parents have an urgent concern about their baby and/or are experiencing high levels of stress.

"The FAN approach gave me the tools to learn how to listen effectively, and [...] to identify when [parents] are in a feeling state or a thinking state. It gave me a framework for understanding when it will be most effective to explore or reflect with parents, or to just keep listening. It also gave me the tools to know what kinds of questions to ask parents" said Brown Guiney. Similarly, Bonior found himself "starting out some of my discussions in my role as a home visitor for Early Head Start with



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The latest IAIM IN Touch newsletter is out! Have you read it? Get it [here](#).

Recalls



Active Apparel
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[Sneakers](#)

Helpful Links

- [International Association of Infant Massage](#)
- [Healthy Mothers, Healthy Babies](#)
- [National Resource Center](#)
- [NCAST](#)
- [Mothering](#)
- [CSEFEL](#)
- [Zero to Three](#)

the question ‘How has it been to be ‘J’s’ parent this week?’ Sometimes this question opens many doors for the parent to address some difficult topics.”

After completing a four day CEIM training, it can seem daunting to continue one’s education with another workshop but Linda Storm, CEIM, IAIMT, explains, “We can only cover so much material during our [IMUSA] training. There are many topics that we could go more in-depth on. Pursuing continuing education helps to keep a CEIM’s skills up as well as to offer an opportunity to reconnect with other CEIMs.” Brown Guiney considers The Fussy Baby Workshop as “a standard for anyone working with parents and babies in my book!”



How Children's Brains Develop: New Insight

by Pia Britto



On April 16th, a remarkable, and probably first-of-its-kind meeting took place at UNICEF New York. Sixteen (no coincidence with the date) neuroscientists discussed and debated the influence of early experience on brain development and function. These scientists, who represent the super specialized fields of neuroscience, biology, epigenetics, psychiatry, nutrition, chemistry and child development, provided answers and insights into

why early childhood development is so important for individual and societal development, and how this science could influence UNICEF’s approach to achieve results for children.

And what happened when biology walked through the front door? It delivered 3 key messages to UNICEF. Read [more](#)

NICU Private Rooms Improve Outcomes

by Larry Hand

Preterm infants who are hospitalized in neonatal intensive care unit (NICU) private rooms have improved medical and neurobehavioral outcomes, according to an article published online September 22 in *Pediatrics*. These improvements are related to increased developmental support and maternal care, which would also improve outcomes in open-bay or other NICU models of care, the researchers write.

Barry M. Lester, PhD, from the Brown Center for the Study of Children at Risk, Warren Alpert Medical School of Brown University, Providence, Rhode Island, and colleagues conducted a prospective cohort study involving premature babies born weighing less than 1500 g and admitted to the NICU.

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How Important Is Physical Contact with Your Infant?



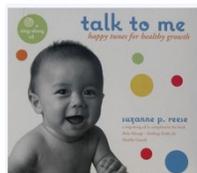
The stark institutional isolation prevalent in the orphanages of some countries might have mostly melted away decades ago, but many babies and young children all over the world still grow up in environments where touch and emotional engagement are lacking. Many children who have not had ample physical and emotional attention are at higher risk for behavioral, emotional and social problems as they grow up.

These trends point to the lasting effects of early infancy environments and the changes that the brain undergoes during that period. Below the surface, some children from deprived surroundings such as orphanages, have vastly different hormone levels than their parent-raised peers even beyond the baby years. For instance, in Romania in the 1980s, by ages six to 12, levels of the stress hormone cortisol were still much higher in children who had lived in orphanages for more than eight months than in those who were adopted at or before the age of four months, according to a study from *Development and Psychopathology*. [Read More...](#)

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Quick Notes

Online Store



Book Giveaway



Encourage fun during massage time! *Talk To Me: Happy Tunes for Healthy Growth* is a sing-along CD with great songs to accompany infant massage. Songs include "Because You Make Me Happy," "The Toe Song," "I Feel Sunny," "Butterfly Lullaby," and "Goodnight Baby". All songs written by Suzanne P. Reese, CEIM, IAIMT. Proceeds support Infant Massage USA. [Order](#) yours today!

Due to technical difficulties, we are extending the book giveaway from last month. If you are interested in receiving the book, [Zero to Five: 70 Essential Parenting Tips](#) for free in exchange for writing a short book review, please [email](#) us! The winner will be chosen at random.

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