

"It is only the farmer who faithfully plants seeds in the summer, who reaps a harvest in the autumn" - B.C. Forbes



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Tender Loving Care

October 2015

The New Science of Mother-Baby Bonding

By Patty Onderko for [Parenting](#)

You take your baby to the pediatrician for her regular check-ups, vaccines, and at the first sign of a fever. You keep her away from runny-nose friends and steer clear of the sun. You babyproof your home and gently bandage her boo-boos. All to make sure your child grows up healthy and strong. But compelling new research is showing that the strength of your emotional bond with your baby may well trump all of those other measures you take to help her thrive.

A close attachment can prevent diseases, boost immunity, and enhance IQ in your baby, says Deepak Chopra, M.D., the endocrinologist turned mind-body -- medicine guru, *Parenting* contributing editor, and coauthor of *Magical Beginnings, Enchanted Lives: A Holistic Guide to Pregnancy and Childbirth*. Those hugs and kisses are a force of nature more powerful than ever thought, says Dr. Chopra. Mother-child bonding has evolved to become a complex physiological process that enlists not just our hearts, but our brains, hormones, nerves, and almost every part of our bodies. [Read More...](#)

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Recalls

Go Go Squeez
Pouches

Safety 1st Wooden
Highchair

DaVinci Cribs

Chewbeads
Pacifier Clip

The Land of Nod
Mobile

Conferences

Zero to Three: [30th National Training Institute](#); Seattle, Washington: December 2-4

Association for Prenatal and Perinatal Psychology and

To read more articles like this, be sure to Like the Infant Massage USA CEIM Support [Facebook Page](#).

Music Therapy Helps Premature Infants Thrive

By Vimala McClure for the International Association of Infant Massage

Health (APPAH): [19th International Congress](#); Berkeley, California: December 3-6, 2015

World Association for Infant Mental Health (WAIM): [15th World Congress of the WAIM](#); Prague, Czech Republic: May 29-June 2, 2016

International Association of Infant Massage (IAIM): [Educational Conference & General Assembly](#); Paris, France: October 24- November 1, 2016

Music

therapist Claire Littlejohn gathers the sleeping baby girl from her incubator in Trident Medical Center's Level II nursery, and they settle into a rocker. Iris Monroe Boyer arrived six weeks earlier than expected, and at nine days old, she weighs four pounds, two ounces. To help Iris adjust to stimulation, Littlejohn sings her a lullaby.

Accompanied by intern Julianne Innamorato on guitar, She stretches out the lyrics of "Peace Like a River." As they transition to "You are My Sunshine," Littlejohn unwraps the top of Iris' blanket and massages her arms. Throughout the session, Littlejohn fine-tunes her approach based on her training and the newborn's cues.

Iris responds well. Her heart rate drops from 165 to 145 beats a minute, she smiles twice and makes eye contact.

"If they are able to better handle stimulation, they can rest and relax and grow," says Littlejohn. Research shows that music therapy helps premature infants tolerate stimulation, and that, in turn, helps stabilize heart and breathing rates, improve feedings, boost weight gain and shorten hospital stays. [Read More...](#)

Bad Science

By Tracy Cassels, PhD for *Evolutionary Parenting*

Helpful Links

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

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Sometimes the term "bad science" gets immediately thrown out when new results make the news and a group of people happen to disagree with the findings. Sometimes

they are wholly justified in making this claim, but not always. As someone who aims to disseminate the research, it's important to make a distinction between what is "bad" research and what is something altogether different. I will be the first to admit that I have likely been bad about this distinction myself and I hope it's something I will be better at going forward because I truly believe it's something important.

What Makes Something "Bad Science"?

Before I delve into the explanation, let me say that I base my criteria on my work running quality analyses on studies, both as a graduate student and during my time working for the Canadian Council on Learning where my primary job (along with some statistical work) was to make the decisions on what quality research was. The criteria used are pretty standard so this isn't anything new, though there are considerations that don't always make it into reviews that I believe should, based on my training in psychometrics and statistics.

[Read more](#) about how bad science affects breastfeeding and sleep training findings...

CEIM Spotlight: Cori Bolger

Q: How long have you been a CEIM?

I trained to be a CEIM last year and became certified a few months later.

Q: What's been the most effective way to get parents in your classes?

I currently work as a registered nurse and home visitor with the Army's New Parent Support Program here in Kaiserslautern, Germany. My classes are always full, because our community of Americans is so large and our resources are very limited being that we are overseas. I use Facebook and word of mouth to get people signed up, but attracting parents to our infant massage classes is never an issue!

Q: What resources do you use that have been the most helpful?

I use my instructor manual and make my own handouts. I also use relaxing music in my classes, as well as try to engage parents in discussions about touch and brain development, the importance of bonding, etc. during each class. This information is research and evidence based and comes from books on these topics from our library at work. My work as a home visitor focuses on these topics frequently.

Q: What's the funniest thing to happen to you or a parent in your class?

At a certain age the babies begin to get very active and try to roll away. There have been several times when babies just won't stay still for massage because they want to explore. It's always funny when this happens because the parents try their best to get their babies to focus and it just doesn't happen the way they want it to, and everyone gets a good laugh.

Q: What's the most rewarding part of being an infant massage educator?

Just encouraging parents to spend one-on-one time with their babies in a positive setting. This is especially helpful and beneficial to our military families, single soldiers and dads. The military presents its own set of challenges and stressors for parents, and having that one-on-one time to bond with their baby is of the utmost importance!

New Invention Helps Babies with Special Needs Crawl

By Amy Lacey for [WBAY-TV](#)

In a lab tucked away on the Virginia Commonwealth University campus, big steps forward are happening for some very special little ones.

"Kids with Cerebral Palsy or Down Syndrome or any neurologic disorder that would limit or inhibit their ability to learn to crawl," explains [Dr. Peter Pidcoke](#), a VCU Physical Therapy Associate Professor.

His SIPPC robot encourages babies to crawl. Dr. Pidcoe has been working on it since 2003 at VCU along with researchers at the University of Oklahoma.

There are different models using different technology. Moms and dads can even control one of them with an app.

"The orange one, if I hit reverse, is going to back up," Dr. Pidcoe demonstrates.

He cites studies over the years linking crawling to better walking, cognitive and social skills. He is already hearing from parents of children with developmental delays. [Read more...](#)

Quick Notes

Call for Content

Have you read a great book pertaining to the infant massage world? Would you like to read more specific subject matter in the CEIM newsletter? Have a great resource for classes? Know someone who's doing a great job as a CEIM and/or trainer?

We want to know! We love to have feedback to give you the best possible content each month! [Email](#) us your ideas!

Zero to Three Conference

Are you planning on attending this year's [Zero to Three Training Institute](#)? If so, let us know! We'd love to get organize a lunch for the CEIMs attending!

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