

September 2015

News BABY

Parent Newsletter



infant massage usa[®]
"It's amazing!"

Welcome!

It is with great joy we bring you **News BABY**, the quarterly Infant Massage USA Parent Newsletter. This newsletter is designed for you and we would like your input as to it's name! Please take a few moments to complete this survey ([click here](#)) to choose your top three picks! We will tally the results and reveal the official name in our next edition.

In this September edition we would like to go "back to the basics" of infant massage. We have included information on the benefits of infant massage, non toxic oils to use for infant massage and a overview of an infant's states of behavior. By understanding your baby's cues, you will find the best time to share your nurturing touch of massage with your baby.

We welcome your ideas for topics you would like to explore in the Parent Newsletter. Please feel free to [email](#) me your suggestions.



Vimala McClure, founder of the International Association of Infant Massage has been sharing her passion of infant massage for over 20 years. Vimala discovered the benefits of massage while working in an orphanage in India when she was only 17 years old. She observed the older children massaging the younger

Warmest regards,
Lou Ann Damsma, CEIM



children and the bond that was formed between them. They showed kindness and support to each other. This impacted Vimala greatly. When she became a parent, she used the strokes she learned on her own children. She shared the benefits of infant massage with friends, teaching the strokes to parents and caregivers, and witnessed the amazing results for infants with many different needs. [Read more](#) of Vimala's story and also learn of the numerous [benefits](#) of infant massage for both you and your baby!

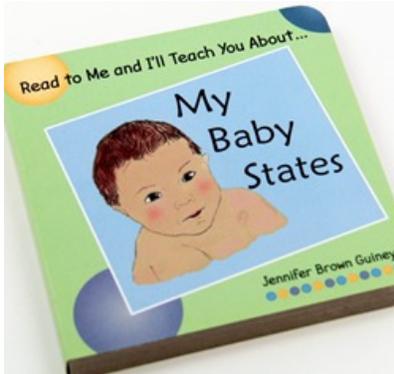
Follow Vimala's [blog](#) for parents!

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

Read to Me and I'll Teach You About...My Baby States

by Jennifer Brown Guiney

Jennifer Brown Guiney, an infant mental health professional, wrote this sweet board book for parents and caregivers to understand babies six states of behavior. This board book has a drawing of a baby's face on each page, describing a state of behavior from the baby's point of view. During each of the sleep and awake states, infants respond differently to their world and those around them. By understanding each state, the parent can feel more confident in responding to their baby's needs.



To order your copy of this book to share with your baby, please visit [Amazon](#).

Please Ask My Permission

Your baby is a unique individual, worthy of respect. Before the start of a massage, it is important to ask your baby's permission to begin. Rubbing a small amount of oil between your palms, showing your hands to your baby as you look into her eyes, and ask "May I massage you now?" will express your respect for her. As Vimala McClure writes in her book, *Infant Massage, A Handbook for Loving Parents*, "Using these cues before beginning a massage now will help build the trust, respect, and



values that will ensure a healthy life."

Oils for Infant Massage

The International Association of Infant Massage recommends the use of a high quality cold pressed vegetable oil which is unscented and preferably organically grown for massage. These oils contain many beneficial ingredients with no added color or scent, so babies can benefit from their parent's own natural scent. These oils are edible and digestible to the skin and body as they nourish the skin and allow it to breathe. [Read more](#) on the recommendations for oils, including storage, allergies, etc.



"Certified Educators of Infant Massage (CEIM) are skilled in supporting new parents in learning the art of infant massage while deepening their relationship with their baby."

— [Dr. William and Martha Sears](#), California

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