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Infant Massage is Good For Babies – and Dads, Too!

Springfield, Va., June 10, 2008. Parents, Dads included, can benefit from learning the ancient, but still relevant, practice of infant massage. During massage, the physical skin-to-skin contact helps to release hormones that promote relaxation. A more relaxed parent and a more relaxed baby helps foster a closer bond and can give parents increased confidence in their ability to care for their children.

According to Infant Massage USA® (IM USA) President Linda Storm, research confirms the importance of a secure environment and nurturing touch in the healthy growth, development, and maturation of children. “Numerous studies have shown the many developmental benefits of positive contact as part of a baby’s early life,” said Storm. Infant massage, she suggested, is one of the most natural and pleasant methods of providing this early nurturing contact. “In addition to the many physical benefits,” added Storm, “this close contact helps parents learn to read baby’s cues and respond more effectively, thus helping parent and baby bond.”

Based in Springfield, Va., IM USA offers certification courses throughout the U.S. for those who wish to teach parents to massage their babies. The organization also promotes infant massage and provides support and resources for anyone (including Dads!) interested in learning how to massage their baby. IM USA is the official U.S. chapter to the International Association of Infant Massage located in Sweden and is supported by Vimala Schneider McClure, author of *Infant Massage: A Handbook for Loving Parents* and a pioneer in the field of infant massage.

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US Chapter of the International Association of Infant Massage - Sweden

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