

Course Content and Instructor Requirements

The Training

The International Association of Infant Massage (IAIM) offers you the most comprehensive 4 day face to face training, covering all aspects of massage including the physical and psychological effects relating to both baby and parent/carers. The actual massage strokes being demonstrated on dolls. Personal development of the instructor is an integral part of the training. The opportunity of practicing the strokes and teaching the massage techniques to parents, prepares the student to set up and run massage groups with confidence.

To qualify as a certified massage instructor (CIMI) there is a required reading, a take home open book written examination, evaluation of 5 infant massage sessions and optional massage of two babies. The training prepares instructors to teach parents/carers and not to do hands on massage with babies.

Course Content

This course involves both theoretical and practical work.

- ❖ History of Infant Massage and IAIM
- ❖ Massage techniques and how to adapt those techniques as infants develop
- ❖ Communication, teaching, group facilitation, and lesson planning skills
- ❖ Effects and benefits of infant massage
- ❖ Bonding and the relationship between infant massage and bonding
- ❖ Infant and child development and the relationship to massage
- ❖ Infant cues, crying and behavioural states
- ❖ Massage for special situations (colic, premature babies and other special needs babies etc.)
- ❖ Infant handling and positioning
- ❖ Understanding, valuing and supporting parents
- ❖ Touch Research
- ❖ Marketing and promoting infant massage.
- ❖ Safety guidelines for the use of oils.
- ❖ Contraindications
- ❖ The course includes teaching experience with parents and their babies.

Entry Requirements

Ideally you will be either:

- ❖ a qualified health professional
- ❖ have a therapy based qualification
- ❖ work in an educational setting with children, or
- ❖ be an interested parent / parent to be.



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Course Requirements

- Attend a four day IAIM course, eg, hours 8.45 am – 5 pm daily.
- Reading of recommended books (see below)
- Completion of a self paced take home study component (within 12 months.)
- Completion of teaching sessions with evaluations (after the 4 day course as above)

Recommended Reading

Participants are encouraged to view two books:

- “The Baby Book” by William Seers MD and Martha Seers RN and
- “Touching” by Ashley Montague.

These books plus the “Instructors Manual” and “Infant Massage: A handbook for loving parents” by Vimala Schneider McClure are the recommended resources.

Course Inclusions

IAIM Instructor Teaching Manual, Infant Massage – a handbook for loving parents, Comprehensive Compendium of supportive documentation and your certification process are all included in the course fees.



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