

Oh baby, this is the life

by NICOLE TAYLOR

AUSTRALIA'S first instructor training course for infant massage starts next month at Geelong through the International Association of Infant Massage Australia.

Cherida Chapman, of Empire Bay, has worked in remedial massage for 17 years and kept at the chance to become a baby massage nine years ago after chancing upon a magazine advertisement.

"It's lovely," she said. "It stimulates a baby's physiological development. Research studies show respiratory, muscular, circulatory and immune systems all



On the spot

benefit from the positive effects of massage.

"It especially provides working parents with a special time to unwind and reconnect with their baby at the end of a long day."

Mrs Chapman is the only training instructor in Australia after she

Popular

INFANT massage became popular after American Vinasa McClure worked in an Indian orphanage in

completed a two-year course last year.

"Benefits range from growth and development of babies, to communication between parents and baby."

"It enhances the bonding, it relaxes and soothes. Massage helps baby sleep easier, it gives them a

1973 and the older girls showed her how to massage the little ones with mustard oil. In 1977 she wrote *Infant Massage*.

better quality sleep. And it's fun and relaxing for the parents as well."

A full-body baby massage takes about 15 minutes, but is largely dependent on the baby's receptivity.

As soon as the baby shows signs of squirming or turning away, the

massage stops, as part of the philosophy is educating the child to be in charge of its body.

"It's OK for them to say, 'no, I don't want that'. It improves their self-esteem because they are being listened to from an early age."

The four-day workshop takes place over two weekends and would particularly benefit doctors, nurses and massage therapists.

Cost is \$825 (including books) but a special offer of \$725 is available to Central Coast Express Advocate readers who clip this story. Inquiries: 4369 3668.

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