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Oh baby, parenting is touching experience

by Sarah Cohen

BRING a baby can be a stressful experience. One minute you're tucked snugly away in the womb, the next you're out in the bright, cold day-light screaming.

And becoming parents can be just as stressful. But the vice president of Infant Massage Australia, Glenda Chapman, says that the bond between parents and their babies can be greatly improved by regular infant massage.

"Clinical research has demonstrat-

ed that loving, nurturing touch has a lasting positive impact on baby's emotional and physical wellbeing," Mrs Chapman said.

"Parents also report increased feelings of confidence in caring for their baby as a result of infant massage."

Mrs Chapman, an Empire Bay resident, said that infant massage provided a range of benefits for both parent and child.

"The benefits for baby may include improved sleep/wake states, improved digestion and elimination, and a strengthened immune system," she said. "For parents it can help with post-

natal depression, develops bonding and attachment, allows the father to be more involved, and teaches nurturing parenting skills.

"Joining a baby massage group can also provide an opportunity to meet other parents and give and receive support," Mrs Chapman said.

Mrs Chapman trains and certifies instructors to teach parents how to massage their babies.

Becoming a certified instructor involves attending a comprehensive four-day face-to-face course covering all aspects of infant massage.

For more information on infant massage training, visit www.iam.net or phone 4369 3668.



Glenda Chapman uses a doll to show new mums how to massage their babies. Massage can have a positive effect on baby and the effect goes on to parents.