

# IAIM INFANT MASSAGE

*Available at Gymboree  
Play & Music St Albans*

The purpose of the International Association of the Infant Massage is to promote nurturing touch and communication through training, education and research so parents, caregivers and children are loved, valued and respected throughout the world community". IAIM



**What is baby massage?** Baby massage is a long-standing parenting tradition in many cultures such as Indian and African. Baby massage has been practiced in the UK since the late 1990s. Baby Massage is a gentle, rhythmic stroking of your babies body using your hands.

**The IAIM massage course** draws from both the Indian and Swedish massage traditions as well as incorporating principles from yoga and reflexology. Massaging your baby provides a wonderful opportunity to express your love whilst meeting the need of touch and affection that is so essential to the healthy development of babies.

**What will I learn?** The IAIM massage routine, a colic routine, gentle movements and touch relaxation.

**What will I use to massage my baby?** A scent free vegetable oil, cold pressed and organic. Sunflower oil is used in each class.



## *Benefits for your baby*

- Helping your baby to feel safe and securely attached
- Helping your baby to feel more loved, valued and respected
- Reduced crying and emotional distress
- Increased levels of relaxation and longer sleep
- Development of body awareness and co-ordination
- Relief from wind, colic, constipation and teething discomfort

## *Benefits for you*

- Feeling closer to your baby
- Gaining a deeper understanding of your baby's behaviour, crying and body language
- Providing an enjoyable opportunity to spend on-to-one time with your baby
- Feeling the relaxing effects of giving your baby a massage
- Increased confidence in your ability to care for and nurture your baby
- Learning a life-long parenting skill
- Opportunity to socialise in a welcoming and supportive environment

## *What our members say ...*

“Steph did a wonderful job and I’m so happy we came. A massive THANK YOU from both of us”

“Great class and great instructor”

“Really great to learn full body massage techniques to continue at home”

“Found the explanations invaluable and the pace was spot on”

## **Gymboree Play & Music St Albans**

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