



Benefits For Babies

It is never too late to begin massage. Whether your baby is a newborn or several years old, massage can bring immediate and lasting results. Expectant parents who take infant massage instruction in advance are ready to begin this wonderful loving touch right from the start

Benefits for infants, babies and children include the following:

- Provides a special time of communication that fosters love, compassion, and respect
- Improves general well-being
- Provides an intimate time for children to confide in parents
- Improves overall functioning of the gastrointestinal tract
- Promotes relaxation and helps babies self-regulate calm, which reduces crying
- Helps to normalize muscle tone
- Improves circulation
- Enhances immune system function
- Improves midline orientation
- Helps to improve sensory and body awareness
- Enhances neurological development
- Helps baby/child to sleep deeper and more soundly
- Helps to increase oxygen and nutrient flow to cells. Improves respiration
- Helps to improve pain management; can relieve discomfort from teething,
- Helps with congestion, gas, and colic
- Enhances release of hormones in the body. The growth hormone can be stimulated which helps weight gain.
- Reduces levels of cortisol, the stress hormone
- Provides all of the essential indicators of intimate parent-infant bonding and attachment: eye-to-eye, touch, voice, smell, movement, and thermal regulation.
- Stimulates all of the physiological systems. Massage sparks the neurons in their brains to grow and branch out to encompass other neurons.

