

For Ohio Association for Infant Mental Health - July, 2015 Newsletter

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For the last 4 years, in my position at Nationwide Children's Hospital, I have taught *Infant Massage* classes. Recently, while I was out in the community, a mom came up to me. She asked if I was the person who taught the infant massage classes at Nationwide Children's Hospital. When I responded that I was, she told me that taking the class 3 years ago had been "*life-changing*" and she wanted to convey her story and thanks.

As an infant, her daughter had significant intestinal problems. Not only did infant massage help her baby at that time, she said that the techniques that she learned still provide a benefit. She shared that her 3 year old daughter, when having intestinal issues, comes up to her and asks her to do the infant massage strokes on her abdomen. And that these abdominal strokes continue to be provide relief and promote health.

She told me how grateful she was to have taken the infant massage classes. She felt that learning infant massage had had a significant impact in promoting bonding between them; and that knowing infant massage had also served to empower both she and her daughter.

Nationwide Children's Hospital provides these classes *free-of-charge* both for families that have infants in the hospital and for families in the community. Families that are interested can call the Family Resource Center at (614) 722-2252 for more information.