

Infant Massage: A Multidisciplinary Approach and a Mother's Story

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Support is a key ingredient to a child's success in life. Providing support not only to the family but blending the services provided at a multidisciplinary level has proven to be a significant avenue for this family to develop closer relationships. With infant massage instruction provided by the client's occupational therapist and encouraged by the developmental specialist, mother and I discussed additional strategies to be able to implement strokes for a toddler, to fit in with their family dynamic, and to reflect on her and her child's feelings towards nurturing touch. Within a few weeks, mother was sharing how she felt infant massage has brought her family closer together, strengthening the bond of her marriage, and her relationship with her children.

"The experience I have had with infant massage is amazing so far. I took the opportunity to learn something new and use it towards my kids. It's both relaxing for me and my kids to bond and share the love for each other. Who knew there were so many things you can do to release anger, stomach pains and much more. It's great to be able to use it in each part of the body like the head, feet, legs, stomach and hands. Ever since I have use these different massages I can see a difference in my kids behaviors, I feel more of a connection. I really like that my kids enjoy to be able to lay down and see their eyes gaze at me. I think everyone should learn infant massage because it really makes a different not only in the kids but the parent's relationship also. I hope to continue in making my family stay strong in that bond that will never break because it feels great to show some caring love."
"- Natalie May (mother)

