

Opening Up to Baby's Cues... Alaina Miller, MSSA, LISW, CEIM

I have seen infant massage in action as a vehicle for empowerment and confidence building. One new mother came into an infant massage class carrying her baby in a carrier. She sat down on the outskirts of the group and put her baby several feet away from her. The baby began to fuss and the new mother looked at a friend and said, "She always does that when I set her down! I don't know what to do anymore!" The mother picked up her baby and began to bounce him in her arms. He stopped crying. The mother was surprised when I observed that the baby had responded to her attempts to soothe him. Throughout the class, I pointed out times when I noticed her responding to his cues and paying attention to his needs. At the end of the class I overheard her say to a friend, "I wasn't going to come today but I'm glad I did. I guess I'm better at this than I thought." She left the class playing tickle games with her son who was cooing happily back at her in response.