



Massage Therapy

for Mother & Child

An Introduction



The Benefits of Infant Massage

- ✎ Enhances loving communication and nurturing parenting skills between caregiver and baby.
- ✎ Helps to strengthen and regulate the digestive, respiratory and circulatory systems.
- ✎ Helps parents understand and respond appropriately to baby's non-verbal cues.
- ✎ Relief from gas, colic, and constipation.
- ✎ Helps both parent and baby to relax and relieve the stresses, which build up daily from baby's new encounters with the world.
- ✎ Teach babies to be aware of their body's tension and how to release them.
- ✎ Helps baby sleep better, aids in physical development and heals the effects of birth trauma.

Infant Massage Course

This course is designed to teach parents, caregivers and their baby's ages newborn to crawling, the methods and benefits of massage. Techniques will be tailored according to the baby's individual needs and development level.

Group classes, private instruction, demonstrations, and in-services for professionals, groups and conferences on Infant Massage are available and can be designed to address specific needs.

Massage for Mothers

Pregnancy is a time of change for a woman both physically and emotionally. The discomforts of pregnancy such as back pain, neck and shoulder stiffness, sore feet, swelling (edema), fatigue, headaches and stress can be lessened with massage, postural training and exercise. Prenatal massage is a drugless form of health care which has proven to be very beneficial for the discomforts associated with the changes caused by weight gain and the hormonal influences on the weight bearing joints particularly the back, pelvis and ankles.

Massage may be received in all stages of pregnancy prenatal, labour and delivery, post caesarian recovery and post partum.

The Benefits of Pregnancy Massage

Pregnancy massage focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of the childbirth experience. Stress is reduced on the weight bearing joints, the heart is assisted with blood circulation improving nutrition of the tissues for growth and repair, and water retention is also reduced.

Massage improves muscle tone and delays muscle atrophy from inactivity. The lymphatic system, a part of the immune system, is stimulated to assist in the elimination of toxins or other waste products, massage also aids in relaxation.

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Post Partum Massage

Post partum massage is designed to help in restoring your body to its pre-pregnancy condition and to address the stress of carrying and caring for a newborn.



Postural Training and Prenatal Exercise

Improper posture due to muscle weakness, tension and muscle imbalance causes problems both before and during delivery. Exercises are suggested to strengthen muscles and stretch connective tissues,

such as tendons and ligaments, in preparation for weight increase and labour. Massage teaches you the sensory awareness of how to relax the muscles in the legs, pelvis, back and buttocks so there is less unnecessary resistance before and during delivery.

Massage provides emotional support and physical nurturing during pregnancy. By increasing your body awareness you are better able to take care of yourself and reduce anxiety. When you feel better physically and mentally your stress level is reduced. When you allow yourself to be nurtured, you learn new ways to nurture your baby.

Infant Massage

Infant massage is an ancient tradition in many cultures, which has been rediscovered in the West. Clinical evidence shows that loving, touching, nurturing contact between caregiver and infant has a positive impact upon subsequent development. Massage is one of the easiest and most pleasant methods of providing this early positive interaction.

Studies show that premature babies who were massaged everyday developed more rapidly, both physically and neurologically. Many newborn nurseries are adopting Infant Massage as a regular part of their parent education programs. These programs help promote well-being and the loving bonds between parents and their babies.

Craniosacral Therapy

Craniosacral Therapy is an excellent modality in both the pre and post partum stages. It can shorten and ease the discomfort of obstetrical labour benefiting both mother and child. It is also beneficial for a wide variety of infant distress problems such as colic, asthma, neuro-logical damage, childbirth, Torticollis (Wry Neck), sleeping problems, P.D.D., A.D.D., A.D.H.D, dyslexia, spastic cerebral palsy, and other infantile disorders.

Quite often a few Craniosacral Therapy sessions is all that is required to correct the problem. The dura mater membrane system is usually under very high and abnormal tension. The practitioner of Craniosacral Therapy must find the reason for the abnormal tension and correct it, if possible. If the problem is not correctable, there is usually some Craniosacral technique that will give temporary relief.

Gift Certificates Available

A Wonderful Gift for
Mother & Child

Hands On Health Care

Massage Therapy & Craniosacral Therapy

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