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The Power of *TOUCH* is in *YOUR* Hands…

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- "Where touching begins, there love and humanity also begin…" (Ashley Montagu, 1986)

"Nature needs nurturing to reach its maximum intended potential" (Dr. Bruce Lipton, Ph. D., 2005)

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Tiffany Field

- Skin is our largest sense organ, first sensory input in life
- Ancient roots in healing
  - Laying-on of hands (Greek mythology, Religious traditions)
  - As medicine advanced and sexual taboos challenged the role of touch in healthcare
  - Don't underestimate the impact of touch. A doctor tells a story about a fellow physician's physical contact with his patient:

    > "The patient says, 'I've been waiting for you , to tell you it is because of you I am still alive.' The doctor says, 'What are you talking about?' 'Well,' says the patient, 'every morning you pinched my toe when the others weren't looking.' The physician, puzzled, says, 'Yes, but what does that have to do with…' The patient interrupts, saying, 'Nobody plays with the toes of dying men. So I decided I must not be dying after all" (p. 17)

- Living in an American culture afraid of touch
  - Touching taboo in schools, daycares

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Benefits of Touch

From "Touch" by Tiffany Field

- Stimulates central nervous systems into state of relaxation
- Anxiety and stress levels, both behavioral and biochemical, are reduced, allowing more attentive state
- Reduced pain (i.e. arthritis patients)
- Increased peak air flow for those with asthma
- Increased natural killer cell activity for those patients with HIV

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History Infant Massage

- In utero, a fetus experiences continuous touch, then experiences traumatic separation at birth
- Ancient tradition that can be traced back hundreds of years to countries such as Poland, Canada, East Africa, Russia, China, North and South Americas
- Pioneers of Infant Massage
  - Ashley Montagu (Touching: The Human Significance of the Skin, 1971)
  - Amelia Auckett (Baby Massage, Parent-Child Bonding through Touch, 1981)
  - Peter Walker (Baby Massage: A Practical Guide to Massage and Movement)
  - Tiffany Field (The Touch Research Institute)
  - Vimala McClure

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Benefits of Infant Massage

How does infant massage help my baby and me?

Help improve your baby's:

- Growth and development
- Muscle tone and blood circulation
- Sleep patterns
- Brain development
- Awareness of the world around him

In can also help to decrease your baby's:

- Stress
- Pain from constipation, gas or colic
- Crying

You can also benefit from a chance to:

- Bond with your baby
- Learn about your baby's needs
- Improve communication with your baby
- Feel good about yourself

Infant Massage in the Hospital Setting

- *Add your info about:*
  - *Touch aversion*
  - *Empowering parents, take control of touching your child, your right to touch your child*
  - *Still touch*

Components of Infant Massage

How should I prepare for the massage?

- Make sure the room temperature is warm
- Place your baby on a soft surface
- Warm your hands
- Walk with your doctor about which lotion, oil or cream is safe to use for your baby's skin

What are the steps to infant massage?

- Massage your baby's entire body from his toes to his head
- Use a gentle but firm touch
- Do not tickle your baby
- Make eye contact with your baby while you massage him
- Watch your baby and he will guide you to what he likes