



## **Infant Massage Class**

**with Dr. Martha Libster, Infant Behavioral Health Specialist**

**Certified Infant Massage Instructor since 1997**

Babies and children need and love to be touched. Intentional loving touch is fundamental to healthy baby development. Babies need physical contact for healthy growth and development. Normal affectionate touching is important; however, a regular routine of intentional loving touch as *Infant Massage* can offer additional benefits to both the you and your child. Nurturing touch promotes physiological, neurological and psychological growth and development. Infant Massage is an ancient tradition that includes the provision of nurturing touch as a way of communicating and bonding with a baby.

There are numerous studies on the benefits of massaging babies. The link below to the International Association of Infant Massage (I have been a member since 1997) is provided for you so that you can learn more about this wonderful holistic care. When you take the series of classes, you learn not only about the techniques for massaging your baby; but, you also learn to communicate non-verbally through intentional loving touch, to recognize and validate your baby's cues, and to develop your unique parenting skills and strategies based on your baby's growth, development, emotional and energetic patterns.

INTERNATIONAL ASSOCIATION FOR INFANT MASSAGE  
[www.iaim.net](http://www.iaim.net)