

IAIM INFANT MASSAGE

*Available at Gymboree
Play & Music Bristol*

The purpose of the international association of Infant Massage is to promote nurturing touch and communication through training, education and research so parents, caregivers and children are loved, valued and respected throughout the world community". IAIM



What is baby massage? Baby massage is a long-standing parenting tradition in many cultures such as Indian and African. Baby massage has been practiced in the UK since the late 1990s. Baby Massage is a gentle, rhythmic stroking of your babies body using your hands.

The IAIM massage course draws from both the Indian and Swedish massage traditions as well as incorporating principles from yoga and reflexology. Massaging your baby provides a wonderful opportunity to express your love whilst meeting the need of touch and affection that is so essential to the healthy development of babies.

What will I learn? The IAIM massage routine, a colic routine, gentle movements and touch relaxation.

What will I use to massage my baby? A scent free vegetable oil, cold pressed and organic.



Benefits for your baby

- Helping your baby to feel safe and securely attached
- Helping your baby to feel more loved, valued and respected
- Reduced crying and emotional distress
- Increased levels of relaxation and longer sleep
- Development of body awareness and co-ordination
- Relief from wind, colic, constipation and teething discomfort

Benefits for you

- Feeling closer to your baby
- Gaining a deeper understanding of your baby's behaviour, crying and body language
- Providing an enjoyable opportunity to spend on-to-one time with your baby
- Feeling the relaxing effects of giving your baby a massage
- Increased confidence in your ability to care for and nurture your baby
- Learning a life-long parenting skill
- Opportunity to socialise in a welcoming and supportive environment

What our members say ...

“My favourite part of the week.”

“I've taken so much more than the theory of baby massage and found being with other mums great.”

“Relaxed, easy going and very friendly class.”

“A very enjoyable course learning skills which I will continue to use daily.”

“A lovely intimate, small class.”

Gymboree Play & Music St Bristol

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