

CIMI - Parent Intake Form

Loving Touch® Parent-Infant Massage Program

Questions

1. Are there any infants or children that are under the care of a physician attending this class?

2. Taking medicine?

3. Heart conditions?

4. Circulatory conditions?

5. Hip conditions?

6. Hernias?

7. Feeding problems?

8. Jaundice?

9. Crankiness, fussy, colic, etc.

10. Parents with special considerations



Mineral Oil Fact Sheet

Mineral oil is a common ingredient in many household products. It is found in lotions, soaps, cosmetics and motor oil. It is produced as a byproduct of the distillation of gasoline from crude oil. Mineral oil is the leftover liquid.

Mineral oil is the main ingredient in many baby care items as well.

Baby oil

petroleum jelly/Vaseline

baby wash

liquid soap

The problem is that mineral oil is foreign to the human body and has many harmful effects, especially on infants.

*Mineral oil acts as a thin plastic layer on the skin

*Mineral oil is difficult to absorb and clogs the pores, which slows the skin's ability to eliminate toxins. Remember that the skin is the body's largest organ and plays an important role in maintaining overall health.

*Once the oil is absorbed, it is broken down by the liver and passes through the intestinal tract. Once in the intestinal tract, it will absorb all of the fat-soluble vitamins found there. Essentially, stealing vitamins from the body, vitamins that the body will not be able to replace. This can eventually lead to nutritional deficiencies.

Given these harmful effects, when caring for babies, it is best to use all natural products.

Use of all natural, vegetable or fruit based, unscented oil is best. Natural oils are easily absorbed and digested by the body. In addition, oils with added vitamin E will actually benefit the skin and act as an antioxidant.

Benefits of Infant Massage

- ♥ Increases self esteem for child and parent
- ♥ Promotes bonding and attachment
- ♥ Increases sense of love, acceptance, respect, and trust
- ♥ For baby, improves body awareness
- ♥ Improves relaxation and release of stress
- ♥ Stimulates circulation
- ♥ Strengthens digestive circulatory, and gastrointestinal systems, which can lead to better weight gain
- ♥ Reduces discomfort due to teething, colic, gas, congestion
- ♥ Increases elimination, circulation, respiration
- ♥ Improves hormonal activity
- ♥ Improves synchrony between child and care giver
- ♥ For parents, it improves their ability to react to infant cues
- ♥ Increases confidence in parenting skills
- ♥ Provides time to share and quality time together
- ♥ Improves sense of well-being for parent, reduces stress and blood pressure and improves overall health

Five Aspects of Early Development Influenced by Touch

Communication

Engages pre-speech components and emerging speech
(direct eye gaze, listening, turn taking, etc.)

Motor

Improves muscle tone coordination and increases body awareness

Socialization

Infant and Caregiver engage one another, infant usually in the quiet alert state

Self-Help

May stimulate oral motor musculature awareness, lip closure
relaxation of tension needed for swallowing, etc.

Cognition

Overall awareness of self and body boundaries, cause and effect,
and increase attention span.



MASSAGE STROKING SEQUENCE

LOVING TOUCH® PARENT-INFANT MASSAGE PROGRAM

LEGS AND FEET

1. INDIAN MILKING ~ of the whole leg from thigh to ankle ~
2. TURN AND CARESS ~ hands side by side
3. FANNING ~ on the bottom of the foot ~
4. ROLL EACH TOE
5. PRESSURE POINT THUMB WALK ~ all over the bottom of the foot
6. AIRPLANE RUNWAY ~ glide palm of hand off foot
7. GENTLE STRETCHING OF THE FOOT ~
8. TOP OF FOOT AND THE ANKLES ~ finger pads
9. SWEDISH MILKING ~ of the whole leg from ankle to thigh ~
10. ROLLING THE LEG ~
11. NERVE STROKE OR FEATHER STROKE ~
12. CONDITIONED RELAXATION RESPONSE - (CRR) ~



TUMMY

1. HANDS UNDER THE SACRUM ~
2. PADDLING DOWNWARD ~
3. FULLING ~
4. HANDS OF A CLOCK ~
5. I LOVE YOU PETRISSAGE ~
6. RAINBOW FINGERS WALKING ACROSS THE TUMMY ~
7. KNEE TO TUMMY PUSH ~
8. ROCKING TUMMY ~

CHEST

1. HELLO STROKE ~ in an outward movement ~
2. HEART OF LOVE ~
3. BUTTERFLY OR CROSS THE HEART ~



ARMS AND HANDS

1. CONDITIONED RELAXATION RESPONSE - (CRR)
2. AXILLA AREA ~ small circles in arm pit.
3. INDIAN MILKING ~ from shoulder to the wrist
4. TURN AND CARESS ~ hands side by side
5. OPEN THE PALM OF THE HAND~ AIRPLANE RUNWAY
6. ROLL EACH FINGER ~
7. TOPS OF HANDS AND WRISTS ~ finger tips
8. SWEDISH MILKING – from wrist to shoulder~
9. ROLLING ~from shoulder to wrist
10. NERVE STROKE OR FEATHER STROKE ~

FACE

1. CRADLING BABY'S HEAD IN YOUR HANDS ~
2. FLAT OF THE THUMBS ON FOREHEAD ~
3. EYES ~ From the tear ducts across the eyelids~
4. CHEEKS ~Midline across the cheeks
5. SMILE FACE ~ Upper and lower lips
6. CHIN ~
7. EARS AND NECK ~
8. SMALL CIRCLES ON THE SCALP.



BACK

1. EFFLEURAGE ~from shoulders to buttocks
2. STREAMING ALTERNATELY ~
3. SWEEPING THE BACK ~ motion from the top of the shoulders to the buttocks
4. CIRCLES ALONG THE SPINE ~
5. PETRISSAGE ~
6. SWEEPING FROM HEAD-TO-TOE
7. COMBING THE BACK ~

STRETCHING EXERCISES AND BABY YOGA

1. HUG-A-BABY
2. ALTERNATE LEG AND ARM STRETCHY
3. TUMMY KNEE PRESS ~
4. END BY SNUGGLING

Simply wrap your baby snugly and place in a rocking position and move about.

This lets your baby know you are finished.

The art of massage is a special touching we do *with* our babies, not *to* our babies.

It is a reciprocal interactive form of communication.

It should be done only as long as the infant is interested.



6. I Love You

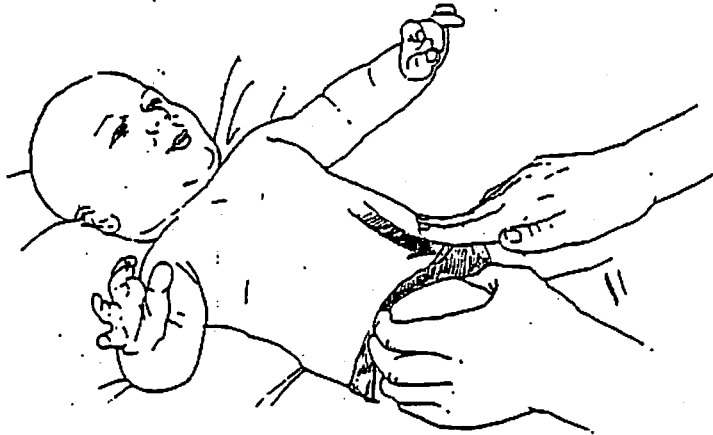
A three-part stroke, generally following the path of the large intestine.

Children especially enjoy this stroke when it is accompanied by the words "I love you."

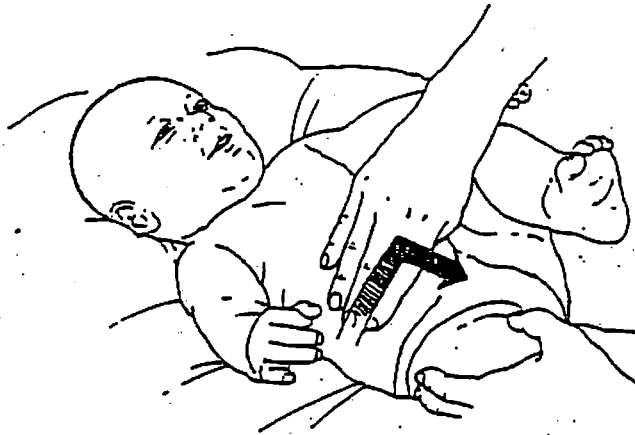
Place your nondominant hand on the child's hip to maintain a point of contact and use your dominant hand to perform the strokes. Or switch hands for each of the three parts, making sure that one hand is always in contact with the child.

The stroke

1. Starting well below the rib cage on the child's left side (your right), move your hand straight down, as if forming the letter I. Movement follows the descending colon.



2. Place your hand on the child's right side (your left) well below the ribs. Glide your hand across to the child's left side (your right) and then downward. This forms a rotated L. Movement follows the transverse and descending colon.



3. Place your hand near the child's right hip (your left). Move up, across the abdomen, and down near child's left hip (your right) in the pattern of an upside-down U. Movement follows the ascending colon, the transverse colon, and finally the descending colon.

