

BENEFITS OF INFANT MASSAGE

Infant massage is a loving way to promote health, bonding, and communication skills between infant and care-giver.

Massaging a baby:

- helps welcome your new baby into the family.
- begins intimate communication between parent/care-giver and baby.
- helps to strengthen and regulate respiratory, circulatory, and gastrointestinal functions.
- stimulates the vagus and facilitates the release of food absorption hormones like insulin and glucose.
- Because their food absorption is more efficient, massaged preemies gain weight faster.
- increases the lymph flow rates.
- enhances immune function.
- lowers levels of the stress hormones cortisol and norepinephrial.
- Massage to chest and thoracic area can help to relieve tension, which may regulate respiratory function.
- can loosen mucous within walls of lungs and bronchials.
- improves general circulation and nutrition of tissues and is accompanied or followed by an increased interchange of substances between the blood and tissue cells heightening tissue metabolism.
- increases the excretion (via the kidneys) of fluids and nitrogen, inorganic phosphorous and salt in normal babies.
- acts as a “mechanical cleanser” pushing along lymph, hastening the elimination of waste and toxic debris.
- improves circulation and nutrition of joints.
- helps to lessen inflammation and swelling in joints alleviating pain.
- dilates blood vessels, improving the circulation and relieving congestion.
- speeds myelination of the nervous system for better brain-body communication.
- releases growth hormone.
- helps baby to relax and release tensions.
- relaxes muscle spasms and relieves tension after birth.
- improves muscle tone.
- Massage to large intestinal area can relieve gas and colic pain or move stools, relieving constipation, while toning the digestive tract.

Infant massage contains the critical elements of bonding, which include eye-to-eye contact, smiling, soothing sounds, cuddling, smell, response and interaction. Bonding increases a father’s or mother’s feeling of attachment and desire to nurture his or her baby.

Vicki Hedley of Seventh Moon - Homebirth Midwifery Services is a Certified Infant Massage Instructor.

38 Highland Road, Montvale, NJ 07645
691 Valley Road, Upper Montclair, NJ, 07043
201 · 505 · 1214

info@seventhmoonhomebirth.com
www.seventhmoonhomebirth.com