

Baby's First Massage

"Coming home from the hospital with a newborn baby has been described as feeling like 'going on a first date.' Most new parents have feelings that range from fear to awe as they cuddle, feed and care for their baby. Usually new parents have months to prepare for their newborn; however, starting a new relationship asks much of them.

Newborn massage is a powerful, happy way to become acquainted. You can learn early communication while giving your baby gentle but potent nerve and muscle stimulation. This assists with digestion, elimination, healing, growth, and deeper sleep. Newborns have special needs to consider during massage. This class introduces supportive, protective massage while you learn early infant communication and how to respond to it in a satisfying way."

Teresa Kirkpatrick Ramsey, BSN, LMT

In this class you will learn:

- Early infant communication
- Interpreting crying and coping
- Effective comforting techniques
- The healing process of newborns and how to adapt massage to be gentle yet have a powerful benefit .

Available by Appointment Only

Private One On One Class

\$30 Per person or \$50 per couple

Our Baby's First Massage

A 32-page booklet with illustrated strokes will be given at the class and is included in the fee.

A wonderful step-by-step DVD, "Loving Your Newborn: Intuitive Touch" will be available to purchase at the class.



What to bring to class:

Your camera,
Diaper bag, and wipes
And a nice soft blanket

Be sure and ask about your lambskin discount.

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Baby's First Massage

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Baby's First Massage

Newborn Massage is a way of touching that involves listening, gentleness, and protective-ness. *Baby's First Massage* is for the medically stable preterm infant of at least 32 weeks gestation and at least three pounds, as well as, the full term infant.

The 15 simple strokes of the newborn massage are demonstrated on a doll by the instructor while the parent does the strokes on their baby.

It is very interesting how babies begin to cry after you leave the hospital. Most babies are too tired at first and sleep most of the time. Your baby will wake up, and will probably be fussy at times. Very sensitive babies often are very fussy babies and will need most of your time and attention.



It takes the newborn about three weeks to teach the parents what certain cries mean, if they are listening.

Massage Benefits For Your Newborn

Feedings are digested better, which may help the baby gain weight easier and grow at a faster pace.

Stimulating the nervous system through the skin may help build muscle tone, coordination and brain functioning.

The baby receives special attention from you, which helps you grow closer to each other.

Circulation is improved, which may speed healing of birth related trauma.

Massage has calming effect which leads to deeper, more restful sleep.

The immune system is stimulated through the skin by at least five minutes of rubbing daily.



So much is happening for the newborn.

The cord has been cut and now their lungs will receive blood flow differently than in the uterus.

The newborn is now responsible for maintaining body warmth, ingesting, digesting, and assimilating food. If the baby is male,

statistics give a 65% probability that he will be healing from circumcision; the liver will begin to process; chances are he will become jaundiced.

There will be a range of iatrogenic consequences of being born, such as heel sticks,



bruising, forceps marks, suction apparatus or drugs used during labor and birth.

Massage is the essence of nurturing or parenting. Many

babies are disorganized following birth. They demonstrate it in any ways: such as having

difficulty with sucking-swallowing; being gassy and spitty; having great difficulty in awakening;

being confused with the rooting reflex (the baby moves its face back and forth across the nipple in a search to find what is right there);

and having a very irregular sleep/wake pattern.