

# You, Your Baby and Massage

Catholic Charities Childbirth and Parenting Alone Program (CAPA)

St. Anne's Children and Family Center

25 W. 5th Ave.

Infant massage is good for both baby and Parent. It helps your baby's well-being and development, and helps you be a better parent.

## Benefits for the baby

- ♥ Emotionally nourishes the baby
- ♥ Provides a loving communication between parent and baby
- ♥ Helps your baby's body—breathing, blood circulation, muscle and nervous system development, digestion.
- ♥ Reduces gas and colic so baby sleeps better
- ♥ Helps baby relax and release the tensions of daily stimuli

## Benefits for the parent

- ♥ Better understanding of baby's cues
- ♥ Enhances communication and emotional ties
- ♥ Increases confidence and handling skills
- ♥ Greatly improves emotional attachment
- ♥ Provides a way to interact with your baby
- ♥ Helps parents relax and listen to their baby

## *Touch- the language of love*

Wednesday April 11<sup>th</sup> 5:30pm-7:30pm at St. Anne's Children Center.

Call 325-7667 to sign up!

Margaret Miller MS OTR/L CIMI is an occupational therapist who works with babies in the hospital. She is certified as an infant massage instructor through "Loving Touch Foundation". Margret teaches massage with parents and babies in the Hospital, and in small group settings.

