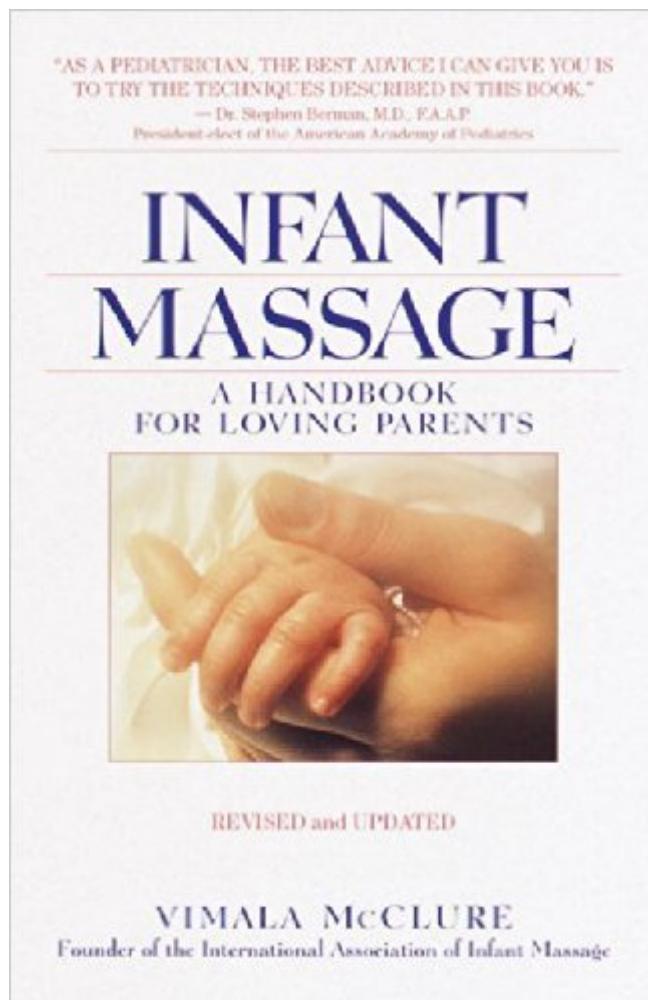


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# Infant Massage--Revised Edition: A Handbook For Loving Parents



## Synopsis

Discover the gentle art of Infant Massage...In this completely updated version of her renowned classic, Vimala McClure, founder of the International Association of Infant Massage, and its premier proponent in the United States, helps you master the techniques of infant massage so you can incorporate this joyful and wonderful healing art into your baby's life. She shows you why a daily massage can be one of the greatest gifts you give your child...and yourself. For generations mothers the world over have known that the soft stroke of their hands soothes, calms, and communicates their love to their babies. Now scientific research proves that massage can do all that and more. In Infant Massage, McClure shares how massage benefits children--easing discomfort, releasing tension, helping premature infants gain weight, even helping asthmatic children improve breathing function. She explains each step of the massage process with simple easy-to-follow instructions and delightful photographs demonstrating each stroke. You'll also find: Specific routines tailored to help relieve colic, fever, chest and nasal congestion Modified instructions for premature infants and babies with special needs Helpful hints on dealing with crying and fussing Lullabies, rhymes, and games to enhance the massage experience Guidance for teaching children about "good touch" A special chapter dedicated to fathers Compassionate advice for foster and adoptive parents And much more

## Book Information

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## Customer Reviews

This book has meant so much to me. My daughter was born 2 1/2 months premature. When she was first born I was unable to hold and handle her as much as I would have liked since she had no

fat under her skin and was very sensitive. My aunt gave me this book. I read it, learned the techniques and when it was appropriate, I began to give my baby a massage twice a day. Her development has been amazing and the connection between us was strengthened tremendously. I've had no prior massage experience and I found Ms. McClure's instructions easy to follow and perform. Emee and I look forward to our time together each day. The massage can take as long or be as short as needed, but the connection is invaluable. I'm so grateful for this book and the gift it has given to us. I know Infant Massage has made a huge difference in my daughter's life and mine.

This is a wonderful book for any expectant or new parent. It gives a concise summary of the research supporting infant massage and why it is important. Then the book goes into great detail on how exactly to do a great infant massage. The last part of the book is dedicated to handling special cases [preemies, sick babies, etc]. The photos are great for helping you understand what massage techniques the author is describing. I found this book very helpful as a new parent. Infant massage really helped me bond and connect with my daughter [now three] and I'm looking forward to using it again with our new baby.

I started massaging daily my baby after reading this book when she was about 3 weeks old, now at 7 months she loves to hear the hands rubbing oils and just starts smiling and cooing as she feels the hands caressing her little body. We travel a lot so routines are hard for us but her daily massage before bathing time is the one thing always present in her life, and it seems she doesn't need anything else, she can take it all as long as there is the loving hour, totally devoted to us, no matter at what time this may come. When my husband is at home he just can't let anyone else give the massage to our girl so then I try to find time in the mornings while dressing her up to have our massage session. It is just a very important part of our life and she relaxes and enjoys it so much. Who could resist having a great time and a great soothed baby? This is a great book, you can try the massage on yourself and find out how great it is for your baby and yourself, plus it is a great time for bonding and activating your baby's body. Everyone, including her pediatrician, keeps telling us how alert and developed she is, I'd say this is the only thing I know we do different from most parents.

I am a Certified Infant Massage Instructor through the International Association of Infant Massage. Vimala Schneider McClure started the organization and developed the techniques you will find in this book. This is an excellent book and every parent/caregiver would benefit from reading it and

incorporating the techniques into their life. Vimala addresses many important aspects of parenting and bonding and includes a section for babies with special needs. Infant massage is a magical gift that every baby/parent is worth experiencing. Enjoy! Carol Dreyer, LMT, CIMI

I'm a Licensed Massage Therapist, and I've been giving this book out to my clients who are pregnant for years. Every single person I've given this book to has raved about it. Massage is excellent for babies--just look at the studies the University of Miami's Touch Therapy Center did on massage and premies. If you're pregnant, or know somebody who is... BUY THIS BOOK!

I am a certified massage therapist and infant massage instructor. I suggest this book to many of my clients because it is easy to read but also detailed enough to leave the reader well informed. The methods described by McClure are widely accepted. A must read for anyone involved with the daily care of young children.

Have you ever touched a baby and had a happy response? Well this book will show you how to fine tune that touch. Once you can do this you will find there is nothing quite like seeing your baby glow with the love and attention he or she is receiving as you massage them. Babys need a lot of care and this is one way you can both enjoy interacting. Not only does baby enjoy the sensations, but this is the best opportunity to learn your baby's personality. This is when they really open up, telling you through their large smiles, loud coos and some rather amazing wiggling, what they like and dislike, and most importantly, how much they love you. While massaging our little boy (although my wife does most of it), I have found that there is more of a bond, and a feeling that this child really is a part of our life. Inside you will find not only how to massage an infant, but lots of information about the importance of an early relationship with your child, and how times have changed and people are finally becoming aware that their baby doesn't just need physical care, but emotional and spiritual care as well. We got this book because we heard that infant massage helps gassy babies, not only by helping to release the gas, but also easing tension in both you and the baby. After a week or two of practicing, the results were real. Not only is he generally feeling better, but he really looks forward to his massages. My only regret is in not knowing about this book when my little girl was a small baby. But as they say, it is never too late, and she is now massaged on a semi-regular basis, thoroughly enjoying it, (although at this age they are much more easily tickled). Do I recommend this book? Highly. I think american culture needs more books like this that place a real value on human interaction, and how to cultivate it.

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