

“We know now that infant massage helps growth and development.”

“Babies who are massaged gain more weight, sleep better, are less irritable, and are more responsive. They have better interactions with their parents and they show better mental and motor development.”

An excerpt by Dr. Tiffany Field, Director of the *Touch Research Institutes* at the University of Miami School of Medicine, found in the booklet, *Baby's First Massage: the Gift of Gentle Touch for Your Newborn*, by Teresa Kirkpatrick Ramsey



Baby Massage is a program of the
Young Child Institute
513.751.3133 x 7
512 Maxwell Avenue
Cincinnati, Ohio 45219

Central Clinic/Young Child Institute is a non-profit agency affiliated with the University of Cincinnati Department of Psychiatry, United Way, & the Hamilton County Mental Health & Recovery Services Board



Agency Partner



**Baby
Massage**

The power of touch for Baby & You.



▶ A 90-minute class for parents of 3rd trimester babies, held at the Young Child Institute.

What happens when you attend newborn baby massage classes:



Getting to know your baby is an adventure that is both magical and overwhelming at times.

Through baby massage you learn infant communication, baby's time out cues, ways to promote newborn healing and ways to cope with baby's crying.

Explore how to be totally present for the new little person you are bringing into your life.

BABY MASSAGE CLASS (\$35)

In this class, you learn and experience:

- *The power of touch:* communicating with your baby through baby massage
- *The power of self care:* learning mindfulness practices that help you relax as well as your baby.
- *The power of connection:* meeting other expecting parents, sharing a meaningful touch point in time.

ALSO AVAILABLE

- A home or office visit (\$50) following the birth of your baby for ***baby massage follow-up***. (Recommended in the first six weeks)
- A home or office visit (\$50) following the birth of your baby for ***Newborn Behavioral Observation***. This is an interactive assessment of newborn behavior developed by Dr. T. Berry Brazelton. This visit encourages parents to observe their baby's amazing abilities at birth. Early temperament tendencies are suggested.
- A class in ***mindfulness practices*** with an emphasis on mindful parenting.

“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
Founder of *Baby's First Massage Program*

“How does a newborn baby know the difference between a person who loves it and one who does not? Probably though a combination of conditions. First, almost certainly through the manner in which it is held, the messages it receives through the skin – its first language of communication through its joint/muscle senses, through eye-to-eye contact, through the sound of the voice, facial expression, and the like.”

- Ashley Montagu, Ph.D., Anthropologist



To register or for schedule, contact:

Young Child Institute
513-751-3133 x 7

512 Maxwell Avenue - Cincinnati, Ohio 45219
www.centralclinic.org/?page_id=143