

# benefits of infant MASSAGE

**Many parents happily report that after massage, their babies sleep better, have an easier time with feeding, and experience fewer stomach upsets.**

Babies need loving touch to grow emotionally and physically strong. Current research supports age-old traditions that link Infant Massage to many of the most critical bonding elements such as: eye-to-eye and skin-to-skin contact, smiling, soothing sounds and cuddling. Clinical studies show that the regular use of massage promotes faster weight gain, improves cardiac and respiratory output, encourages longer and deeper sleeping patterns, develops immunological factors, helps babies to relax and let go of tension.

## FOCUSED ATTENTION

that you give your baby during a soothing massage is a delightful way to enhance your shared relationship of love and bonding.

Other benefits include but are not limited to:

- ★ Stimulating nervous system and brain functioning;
- ★ Increasing muscle tone and coordination;
- ★ Aids in digestion;
- ★ Stimulates circulation;
- ★ Stimulates the immune system.

