

Kids 'n Touch Services

July 20th, 2015

Infant Massage

Infant Massage is an ancient tradition of providing nurturing touch as a way of communicating and bonding with your baby. It enriches physiological, neurological, psychological and social-emotional connections for both parent and child. Infant Massage is a beautiful way to naturally relieve stress and foster mutual trust and understanding between both caregiver and baby.

Infant Massage Benefits:

- Relieves gas, colic, constipation
- Stimulates brain functioning and muscular development
- Boosts immune system
- Provides sensory and motor stimulation
- Deepens infant/parent bonding & attachment
- Promotes better sleep and higher weight gain
- Improves sleeping patterns
- Strengthens verbal/non-verbal communication
- Reduces stress for both caregiver and baby

Pediatric Massage & Touch Therapy

Touch is one of our most powerful senses. Often, it communicates more than words. Touch not only makes us feel loved and connected to one another, but it has the power to draw out the introverted child, make a teenager feel more confident, promote healing during hospitalization, and elicit a sense of peace and security in the midst of any stressful or traumatic experience. We all need touch, but for children, it is a vital part of their well-being.

Pediatric massage sessions are typically 30-minutes and are performed with the client fully dressed. Stories, rhymes, guided imagery and music are used to create a fun yet comfortable and relaxing environment for pediatric clients.

Massage can be especially valuable for kids who have difficulties sleeping, trouble focusing, digestive problems, sensory processing disorders, autism spectrum disorders, ADHD, cancer, cystic fibrosis, diabetes, asthma, depression, anxiety, post traumatic stress disorder, juvenile rheumatoid arthritis, cerebral palsy, Down syndrome or have been hospitalized/in hospice care.

Pediatric Massage & Touch Therapy Benefits:

- Decreases anxiety, stress & depression
- Instills a healthy sense of body image
- Establishes safe personal boundaries
- Helps prevent and treat injuries
- Reduces aggressive behavior
- Encourages development of fine and gross motor functioning
- Improves on-task behavior & attentiveness by reducing hyperactivity
- Promotes social-emotional wellness including higher self-esteem and self-confidence
- Improves muscle tone, muscle relaxation and joint mobility
- Fosters healthy bonding and attachment with parents and siblings
- Optimizes pulmonary, digestive and immune functioning
- Decreases hypersensitivity to tactile input
- Improves sleep

**Children under 18 must have parental consent to receive massage, and the parents are often encouraged or required to be present in the massage room.*

Parent/Caregiver Massage & Relaxation

Studies continue to prove the physical and emotional benefits of massage. Improved mood and quality of life, stress relief and healing from either physical or emotional trauma are just a few of the many benefits of massage therapy. Massage is great way to promote relaxation, and relaxation will help to handle the stressors of everyday life. So carve out a little time for a massage every now and then – it's good for your emotional well-being, your physical health and can help instill happiness in your home.

Parent/Caregiver Massage Benefits:

- Improves sleep
- Decreases anxiety, stress & depression
- Reduce joint/muscular pain and tension
- Improves joint mobility
- Boosts immune functioning
- Promotes better concentration and mental clarity
- Enhances body image, self esteem and self-confidence
- Nurtures your body, mind and spirit so you can nurture others
- Enriches the mind/body/spirit connection