

BENEFITS CONTINUE...

RELAXATION

- Normalizing muscle tones
- Relaxes baby and caregiver
- Teaches emotion regulation
- Less hypersensitivity
- Reduces crying and fussing
- Regulates digestive and sleep patterns

STIMULATION

- All systems: circulatory, digestive, hormonal, respiratory, immune, nervous, vestibular (coordination and balance)
- Mind and body awareness
- Language development
- Sensory integration
- Higher IQ
- Increase flexibility

RELIEF

- Sinuses
- Growing pains
- Teething
- Colic
- Constipation
- Excess mucus
- Depression
- Anxiety



For more information regarding individual or group classes please contact Marion County Children's Behavioral Health.

Phone Number: 503-588-5352

Primary Office in Salem
2421 Lancaster Drive NE

Woodburn Office
976 N. Pacific Hwy.

INFANT MASSAGE



"Infant Massage helps babies find the connections that help them grow"



Marion County
Children's Behavioral Health
Phone Number: 503-588-5352

INFANT MASSAGE PROGRAM

The Infant Massage Program is a five week course to help parents know and enjoy their infant . The purpose of infant massage is to promote nurturing touch and communication through training, education, and research so the parents, caregivers, and children are loved, valued, and respected throughout the community.



This program is a tool to help parents to know and enjoy their infant as well as build a strong, secure family, reduce abuse and post-natal depression which will enhance parenting confidence and skill. The Infant Massage Program is taught by International Association Infant Massage (IAIM) certified educators.



FOUR MAIN BENEFITS

INTERACTION

- Bonding
- Communication
- Using all the senses
- One on one quality time
- Feeling respected
- Strengthening attachment
- Caregiver learns baby cues
- Increase confidence in caregivers

