

# "Empowering Parents of Newborns Through Manual Therapy for Stress Reduction"

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# Course Objective

- This course teaches the efficacy of infant massage for the promotion of infant wellness and the prevention of stress induced child abuse with high risk maternal populations.
- Attendees will learn the following: a) how to identify high risk maternal populations; b) teach high risk maternal populations common triggers; and c) teach high risk maternal populations when to apply manual therapy at home and when to seek professional assistance.

# The benefits of manual therapy for infants.

- Infant-Parent attachment or “bonding”
- Relaxation
- Helps baby feel loved
- Promotes better sleep
- Facilitates body awareness
- Boosts immune system

# The benefits of manual therapy for infants.

- Sensory stimulation
- Improves skin condition
- Improves blood circulation
- Helps digestion
- Balances respiration
- Relief for teething pains

# The benefits of manual therapy for infants.

- Help waste elimination
- Helps build parents' and baby's self-esteem
- Helps you learn about your baby (their needs and desires)
- Relaxes parents
- Pleasurable experience
- Stimulates production of oxytocin (Oxytocin is a hormone which can be produced by both male and female persons during massage. It is useful as a pain reliever and has a calming effect on the person.)

# The benefits of manual therapy for parents.

- Caregivers report feeling more comfortable and confident in their ability to care for baby.
- Parents learn to understand and respond to baby's cues.
- Parents learn techniques to comfort, calm and soothe their babies.
- Provides an additional avenue for close and nurturing contact.
- Infant Massage is one of the most natural and pleasant methods of providing this important early nurturing and an amazing tool for helping parents become closer to their babies.

# Identifying high-risk maternal populations

- Lack or significant change of support network
- History of Mental or Physical Illness
- History of Abuse
- History of Drug Use/ Addiction
- High Risk Pregnancy
- Parenting multiples, false multiples, and medically needy or fragile children

# Common triggers for high risk maternal populations

- Sleep deprivation and precved maternal
- Medication regimen disruption
- Change in intimate partner relationship
- Unemployment/ underemployment
- Mental or physical health crisis
- Housing instability
- School closings for break, holiday, etc.

# When to seek professional help

- Diarrhea
- Constipation
- Constant fussiness
- Trouble Breastfeeding
- Inability to sooth infant
- Parental pain or frustration not managed with therapy or current medication regimen

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