

Baby Massage in East Lothian



<u>Clusters</u>	<u>Contacts</u>
<p>Dunbar - all 10am at Bleachingfield Saturday 17th August for 4 weeks Tuesday 17th September for 4 weeks Saturday 26th October for 4 weeks Tuesday 19th November for 4 weeks.</p>	<p>Message Dunbar Support from the Start FB page Or email Dunbarbabymassage@outlook.com</p>
<p>Haddington 14th August 11am—12 Nungate Community centre Instructor Dianne Newbury</p>	<p>To book email sup-portfromthestart@eastlothian.gov.uk</p>
<p>Prestonpans No current plans</p>	
<p>North Berwick Mondays 1:30-2:30pm, Gullane, 5 weeks starting 15 July . Thursdays 1:30-2:30pm, North Berwick, 5 weeks starting 29 August . Tuesdays 1:30-2:30pm, Gullane, 5 weeks starting 8 October. A further class will run in November. Dates to be arranged.</p>	<p>Contact jan-gaunt.northberwickcoastal@gmail.com</p>
<p>Fa'side (Three week courses for 12 participants. All at George Johnstone centre) 25th July, 1st Aug and 8th Aug 9.30-11 at George Johnstone Centre</p>	<p>Contact cldfaside@eastlothian.gov.uk to book or message Fa'side Support from the Start FB page</p>
<p>Musselburgh– Fisherrow centre August 19th - 9th September (10-11.15am) October 28th - 18th November November 25th - 16th November</p>	<p>Contact lrettie@btinternet.com</p>

All classes are free. Babies should be six weeks old and have had their hips checked with a clear result.

Parents should bring a towel

Baby Massage

Delivered in partnership across East Lothian by experienced staff and volunteers who have been trained in Baby Massage. Baby Massage has a strong evidence base and is an intervention recommended by NICE for frontline practitioners working with new families.

Infant massage is the process of rubbing an infant's muscles and stroking the infant in a manner specifically designed for them

Infant massage provides many benefits for the infant. A caring touch is good for everyone, but especially for infants who are new to the world and need the reassurance of someone special being there for them. However, there are some major benefits for the massage givers as well. They gain an increased awareness of the baby and his or her needs while enhancing the bonding process between care giver and baby. Touch therapy triggers many physiological changes that help infants and children grow and develop.

Studies have shown that infant massage alleviates the stress that newborns experience as a result of the enormous change that birth creates. Massage enables a smoother transition from the comfortable womb to that of human-kind. The benefits of massage for the infant include:

- It helps baby learn to relax.
- It improves immune system.
- It promotes bonding and communication.
- It promotes positive body image.
- It decreases the production of stress hormones.
- It promotes sounder and longer sleep.
- It helps to regulate digestive, respiratory, and circulatory systems.

It helps relieve discomfort from gas and colic , congestion, and teething.

The benefits of massage for parents include:

- It improves parent-infant communication.
- It helps parents to understand and respond appropriately to baby's nonverbal cues.
- It eases stress of parent who must be separated from child during the day.
- It promotes feelings of competence and confidence in caring for baby.
- It provides a special focused time that helps deepen bonding.
- It increases parents' ability to help child relax in times of stress.
- It is fun and relaxing for parents to massage their children.

There are additional benefits that can be derived from infant massage to elicit positive outcomes for premature infants and disadvantaged mothers. They include:

- Cross-cultural studies show that babies who are held, massaged, carried, rocked, and breast fed grow into less aggressive and violent adults who demonstrate a greater degree of compassion and cooperation.

Recent research demonstrates benefits for premature infants, children with [asthma](#), diabetes, and certain skin disorders.

- Mothers with postpartum depression have shown improvement after starting infant massage. Teenage mothers have shown improved bonding behaviour and interactions with their infants.

