

INFANT MASSAGE CLASSES



At Jerudong Park Medical Centre (JPMC) our nurses are qualified to conduct infant massage certified by The International Association of Infant Massage (IAIM). The Infant Massage Program is aligned to JPMC's Mission of providing excellent, quality and compassionate care. Our desire is to help new parents everywhere learn how to massage their babies soon after birth.

INFANT MASSAGE

The sense of touch is the first sense to develop when a human is formed and the last one to vanish when he dies. Massage therefore affects the very basic but vital sense of a human and soothes magic and nurturing effects of infant massage cannot be simply ignored. Touch is therapeutic and provides a pleasure that creates a lasting effect both physically and emotionally. If adults find massage a soothing and therapeutic process, babies would surely feel the same.

Infant massage has been practiced since the ancient times and has been handed from one generation to another. It is important in a baby's development as well as after in the establishment of the bond between the baby and the parents. It is a process that involves communication which evokes respect and understanding between the baby, the parents, and the entire family. The deep emotional bond being formed in infancy such as through the way of infant massage would lay a foundation for life time of trust, courage, dependability, faith and love.

BENEFITS OF INFANT MASSAGE

The minute you put your baby down, she cries. You pick her up and she is smiling again. If holding her is so soothing, then imagine how she will benefit from full baby massage. The benefits are divided into four areas – Interaction, Stimulation, Relief, and Relaxation.

Brought to you by:



Interaction in infant massage promotes bonding, enhances communication, increases sense of love, acceptance, respect, trust, imitation, empathy, tolerance and nurturing touch.

Interaction

Parents may find that infant massage can help provide relief for gas and colic, constipation, excess mucus, physical and psychological tension.

Relief

Each massage helps to stimulate circulatory, digestive, hormonal, immune, lymphatic, nervous, respiratory and vestibular (coordination & balance) systems. It also improves learning ability, language development and mind and body awareness.

Stimulation

The massage helps provide relaxation which may be demonstrated improve of sleeping patterns; helps baby release stress which builds from experiences means more rest for baby and you.

Relaxation

Infant Massage classes include the following, which are available at The Jerudong Park Medical Centre:

- Outline of Infant Massage
- Tummy and chest
- Arms and hands
- Face and back
- Gentle movements and massage for the relief of colic/gas

What to bring for infant massage classes?

- Diaper bag and item
- Baby blanket
- Baby pillow
- Any other items necessary for you & your baby.

The Jerudong Park Medical Centre is the only hospital in Brunei registered with the International Association of Infant Massage (IAIM). All our trainers are registered and certified by IAIM

When not to massage a baby?

- Having fever
- Infection
- Any medical condition
- Any rashes
- Not after feeding
- If there is any swelling or Bruises

Package BND288

Session 1

Introduction Birth of Infant Massage

Benefits of Infant Massage
Massaging Legs & Feet

Session 2

Massaging Stomach & Chest
Massaging Arms & Hands

Session 3

Massaging Face & Back
Gentle movements

Session 4

Massage for relief of Colic / Gas.

Session 5

Repeat the whole sessions

Terms & Conditions

- Package comprises of 4 sessions and each lasts for about 1 hour.
- There will be NO refund for any last minute cancellation before the course starts or any missed classes
- Administration fee of \$50 applies if cancellation is made less than 3 days
- An appointment is required for the classes
- Advance payment is required

Find out more on our Infant Massage classes; call our Obstetrics and Gynaecology Clinic at +673 261 1433 ext 3000/3002 or email brunei.jpmmc@iaim.net

INTRODUCTION

Infant massage is a foundation from which parenting skills emerge. Infant massage instructors train parents and caregivers to massage their babies, while developing interactional skills enhancing communication. Although many infant massage programs were first designed for healthy babies and their parents, infant massage may be used with children with special needs.

These populations may include infants and toddlers who are communicatively challenged, physically challenged, cognitively challenged, drug-exposed or HIV positive infants; medically fragile infants in intensive care. Other populations who benefit from learning infant massage are teen-age mothers and fathers, incarcerated mothers, homeless families, women in recovery and foster parents.

Infant massage is necessary in today's fast-paced world. The power of touch and the benefits of infant massage are being widely studied. If current research about infant massage continues to demonstrate the benefits of massage (increased bonding and enhanced growth and development for infants, as well as benefits for those giving the massage), then these new findings may place infant massage as a worldwide cornerstone in the building blocks of parenting skills and child development.

**OBSTETRICS AND GYNAECOLOGY CLINIC
CLINIC HOURS**

Mondays to Fridays 8:00am - 5:00pm

Saturdays 8:00am - 12:00noon

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