

## **B. Infant Massage as a Therapeutic Tool**

**February 7, 2019**

8:30 – 4:30 pm

6 Contact Hours

Nikki Rosen-Lieberman, MA, OTR/L

Educational Level: Introductory Level

Audience: OTs, SLPs, PTs and interested others

### **Course Description**

The sense of touch is our first language used to communicate feelings and provide nourishment. Through touch, infants first experience love, caring, a sense of safety and respect. Infant massage is soothing to the giver and receiver. It has been used as a bonding tool between child and caregiver for many generations and in many cultures. It is also used as a therapeutic tool for “fussy” babies, colic, constipation, or to ease the neuromuscular stress due to deformity and disability. This seminar will cover the history, impact and step by step “how to” of infant massage as an important tool for building the caregiver-child relationship and stimulating the physical development of the baby. The various strokes as outlined in many infant massage classes and books will be demonstrated, practiced and experienced by the participant. How and where to begin using the techniques learned in this seminar will be discussed, along with outlining the certification process and requirements for future consideration. Infant and baby games will also be included as another mean of stimulation and engagement as we discuss the developmental stages of the infant and baby ages 0-6 months.

Required Lab fee: \$5

### **Course Objectives**

The participant will be able to:

1. Understand the history of infant massage and its use as a therapeutic tool.
2. Know the importance of touch for bonding, engagement, and attachment.
3. Recognize the appropriate amount and type of stimulation for a babies, ages 0-6 months.
4. Use of self as a therapeutic tool for infant massage
5. Explain and experience infant massage strokes in a sequential manner for immediate use and practice.
6. Apply infant massage principles to “at risk populations” such as pre-maturity, colic, constipation, neurological involvement.
7. Use massage techniques and play interaction with the older baby

**Bring**

- 1. A 16"-24" Baby Doll with soft tummy and Vinyl Hands/Feet for Practice
- A small baby blanket or towel for Swaddling

**Agenda**

8:00-8:30	Registration
8:30-10:00	A Grounding Self Experience, The Somatosensory Touch System, Bonding, Oils
10:00-10:30	Break
10:30-12:00	A Centering Self Experience, Making Contact, Strokes of the Legs and Feet
12:00-1:00	Lunch
1:00-2:30	Continued Strokes: Chest, Stomach, Arms, Hands, Back, Face, Swaddling
2:30-3:00	Break
3:00-4:30	Demo (offered), Abbreviated Massage, Special Considerations, Older Children

**Speaker**

Nikki Rosen-Lieberman, MA, OTR/L



Nikki Rosen-Lieberman, M.A., O.T.R./L became a Certified Infant Massage Instructor through the International Association of Infant Massage US Chapter in 1999. As an occupational therapist with a master's degree in early childhood education, she has worked with families of infants and young children in a variety of settings for over 40 years through the public schools and as co-founder and past clinical director of the Abilities Center Inc., a private clinic specializing in children and their families through community classes and therapeutic interventions in Michigan. Nikki's other credentials include certification in sensory integration and praxis (SIPT) testing, pediatric neuro-developmental training (pediatric NDT). She is also a Feldenkrais® Practitioner. She has more recently studied Bowen Myofascial Work, and Biodynamic Craniosacral Treatment, Reflex Integration, BrainGym, Bal-A-Vis-X, and Yoga. In 1996, Nikki earned the Distinguished Service Award from the Detroit Occupational Therapy Association.



Disclosure Statement: Ms. Rosen receives an honorarium for her presentation at the Symposium. Non-financial: Ms. Rosen volunteers her services at Camp Avanti.