

I.N. Touch

EDITOR'S NOTE

July 2023

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Dear IAIM-Community,

In a world full of uncertainty we are filled with love and respect to be able to share with you this I.N.Touch 2023. We have dedicated parts of it to Peggy Dawson (CIMI and Trainer) from New Zealand. Many of you were lucky to have met her, have worked with her and shared life moments. Nothing lasts longer than memories. Thank you all for your contributions. We are extending a heartfelt and collective greeting of love to Peggy's family and friends.

You will also find contributions from Chapters and IAIM Committees. Enjoy reading and sharing our International Newsletter with your members.

The enduring uniqueness of IAIM lies in our collective effort to create a positive impact on the world. It goes beyond just benefiting families; it touches all of humanity. The fundamental drive to spread love, foster peace, and promote respect propels IAIM's continuous growth. Through both challenges and moments of joy, we walk hand in hand, supporting and caring for one another.

Guided by our shared values, we unite and come together, letting them steer our path. Our mission statement serves as a constant compass, aligning us with our purpose as we strive to make a meaningful difference in the lives of many.

We express our deep appreciation to all the Members across the world for their unwavering support to their respective Chapters. Our sincere gratitude also goes out to the dedicated Chapter Boards, whose voluntary efforts contribute significantly to the growth and development of IAIM in their countries. A special acknowledgment is due to our International Board, who consistently navigates us through the essential steps we must take together, shaping our shared future.

"Together" remains the central pillar of our success, and the Newsletter Committee is filled with gratitude for the opportunity to gather and share within our Newsletter I.N.Touch. It is through this unity that we can positively impact not only ourselves but also touch the lives of all families and babies out there..

With love and respect. Patricia & Ronel

MISSION STATEMENT

The purpose of the International Association of Infant Massage is to promote nurturing touch and communication through training, education and research so that parents, caregivers and children are loved, valued and respected throughout the world community.

Give your friend, give
your friend, a massage,
It's a lovely thing to do.

Give your friend, give
your friend, a massage,
It's so nice to show you
care.



Words from the Board

Dear IAIM Family,

Since the publication of the previous newsletter in 2022, the Board said goodbye to Christel Boudignon and welcomed 2 new members: Fernanda Teixeira (Treasurer) and Ronel Coetzee (Secretary). We thank Christel for her hard work and dedication to IAIM!

The IAIM International Board spent many hours preparing for the online GA 2022, and since the face to face Board Meeting in Portugal, we have been working equally hard, trying to make progress on existing issues and at the same time tackling the various new issues that come up each week. The report on the face to face Board meeting can be found in Basecamp (posted on 3 April 2023), by clicking on this link:

<https://public.3.basecamp.com/p/ADtLUS5AnojUtRR6e2z7ekfj>

Our association, with its more than 30 years of history, is at a phase of our growth where we need to make plans to be sustainable for the next 30 years. These changes require solidarity, and togetherness that has been challenged by COVID in the past few years and coupled by poor economics which makes this transition even harder.

Some of our challenges and issues we are working on resolving and facing at the International level:

1. The need for more channels to direct our internal talent pool, e.g. forming and utilising teams to assist on projects, such as organizing an online educational conference, etc.
2. Increase revenue sources, in order to support the growth and development of IAIM International
3. Unifying our brand image

With this said, our strength is in our shared passion for supporting families and respecting babies, in our diversity and international presence. By working together we will be able to move forward and keep growing internationally.

We especially want to draw your attention to the fact that we have defined our Vision and our Values (these will soon be added to the website).

Finally, we are busy completing the provisional 2022 Financial Statements to be presented to the IAIM Community in October 2023 to coincide with the Extraordinary General Assembly.

Respectfully and in appreciation,

IAIM International Board

Margo, Eliza, Rachel, Angels, Fernanda and Ronel

Face to face Board Meeting
Lisbon, 25 February to 2 March 2023



VISION

We envision a world where all families feel supported, every baby, child and adult is respected with integrity and love

VALUES



Empowering parents with the values below:

Collaboration: we work together for a common goal in supporting parents and babies

Respect: we treat families and individuals with dignity and consideration

Impartiality: we are non discriminatory and inclusive of all nationalities, race, class, religions, politics or beliefs

Integrity: we honour our vision, mission and values

Trust: we create a safe space for families and IAİM Instructor members within IAİM trusting that we have the best intentions.

Empathy: we are sensitive, understanding of and responsive to the emotions of others

Non-judgemental: we are active listeners and always try to focus and understand exactly what is being said.

Commitment: we are dedicated to our mission and take pride in our work in alignment with our values



A Tribute to Peggy Dawson

10 September 1940 - 7 May 2023



Jo Osborne (New Zealand) says:

I had the privilege of attending a 4-Day IAIM training with Peggy as my Trainer in April 2008. I had wanted to learn infant massage for many years before embarking on it. But I moved to New Zealand and once I was settled with a job, one of the first things I did was look at infant massage training. I contacted Peggy and we arranged for her to come to my workplace for the training. I was working for an Early Intervention Team of therapists who worked with 0-5 year olds with a disability.

Peggy was an amazing story teller, and I loved the way she interweaved stories about infant massage into the 4 days. She shared stories of babies and parents she had worked with. She shared stories of her travels in the USA working with babies with HIV/AIDS, working in orphanages in China where the massage transformed children who were really withdrawn to being playful and fun. Her stories were heartwarming and full of promise.

On Day 3 of the training, I couldn't wait to teach my little section of the class. I was so excited to see infant massage in action and how the babies were responding even after just one session of being massaged. We even had dads attend and I realised how powerful this work was. I felt like this was my calling. In the debrief after the class, I was so enthusiastic and shared the strong drive within me to do this work. Peggy shoulder-tapped me on day 4 of the training and suggested I had what it took to be a Trainer with IAIM and that I should keep a record of all the parents I worked with over the next 5 years. She had set a seed in my mind that I could become a trainer! I was delighted.

I started to use infant massage within my physiotherapy work with parents and babies and I loved every minute of it. The year after becoming a CIMI I became a mum for the first time. I had an unsettled baby. Ben, my son, had everything challenging: reflux, excessive

teething pains and 4 teeth from 4 months which caused ear infection after ear infection. The poor baby boy couldn't get comfortable and cried non-stop and wouldn't sleep. I remembered Vimala's story of her baby and I massaged Ben every day from 2 weeks old. It helped me to keep sane and he became my second infant massage teacher/trainer, providing me with lots of experience of adapting to his needs as he grew and changed. I have fond memories of an overly confident 4 year Ben showing Peggy how to do a massage on one of her visits to our house.

I kept in contact with Peggy after the training and once my son was old enough to leave with my husband, I started to attend the 4 day trainings as an observer. Peggy really wanted me to see what was involved in the training from a trainer's perspective, not a student's. She knew I wasn't sure and she didn't want to rush me into a decision I wasn't ready for, even though it wasn't the IAIM way. (Peggy always had her own special way!) She also intuitively knew I wasn't ready from an emotional point of view to become a trainer. I am a physiotherapist, and back then I was a no-nonsense type of person. If someone had struggled in a training I wouldn't have necessarily seen it as my responsibility to support that student, but Peggy had such a beautiful way of connecting with people and allowing them to be vulnerable in the training so they could connect with their own feelings and needs. It was so special to watch and it taught me how to deal with challenging situations in a training that I wouldn't have otherwise had the skills to cope with. Peggy was such a wise woman. She knew the skills I needed to be successful and she wasn't in a rush to push me. Good things take time to grow.

Peggy never took money for being a trainer. She put every dollar back into the NZ Chapter, so when it was time for me to apply to be a trainer, she supported me emotionally and financially to go through the process. I don't know another trainer like that. I couldn't have

A Tribute to Peggy Dawson

10 September 1940 - 7 May 2023



possibly have become a trainer without that financial support. So the NZ chapter paid for me to go through my process and I am so grateful. Once I was through my process, Peggy stepped down as trainer for NZ, but she also stepped down as the President of the Chapter. Back then in 2014 our Chapter Board consisted of Peggy, her wonderful husband Mike, and another ex-trainer Alison. I hadn't realised that by becoming the trainer I would also be taking on the responsibility of running a non-charitable trust. Peggy was great at getting people to agree to things they weren't sure about in her own cheeky way. She managed to get another CIMI, Vida Rye, to join me on the board and my husband, John, and together the 3 of us were IAIM NZ. It was very intimidating, but Mike and Peggy were there to support us whenever we needed it.

I was so pleased that I could become the trainer for NZ as it meant Peggy could finally step down as the NZ trainer and spend more time with Mike and enjoy the adult massage work and cranio-sacral work she enjoyed doing so much. Whenever I was up in Auckland for a training I would stay with Peggy and she loved taking me to trainings, hearing all about each day and the students who were on the training. When I had a

challenge, her wisdom was always so helpful in making a strategy to deal with it, whatever it was. Whenever I was at her's, she would give me a massage each night before bed to help me relax. She would make me a lunch to take to my training each day and dinner when I got home. She taught me to play Rummikub which is now my favourite game. She was fiercely competitive when it came to Rummikub! On trainings when I wasn't staying with Peggy, she would text me each morning to wish me luck on my training. She was such a thoughtful person.

I will be forever grateful to Peggy (and Mike) for introducing me to the world of infant massage, for supporting me on my journey from instructor to trainer, and for all the nurturing she provided me over the last 15 years. I have met some amazing people through Peggy - trainers from around the world & instructors. She sent people on my training who are now amazing friends, as well as introducing me to people who were already instructors, who have also become amazing friends and colleagues. Peggy taught me to observe, nurture and how to hold a space. She made me a better person, a better instructor and a better trainer.

Thanks Peg!



A Tribute to Peggy Dawson

10 September 1940 - 7 May 2023



Roberto Rossini (Italy) says:

PEGGY DAWSON, an IAIM trainer from New Zealand, is returning to present the course for the fifth consecutive year, further solidifying the unique collaboration in Italy with the Maruzza Lefebvre D'Ovidio Onlus Foundation. Trained at the San Francisco School of Massage, Peggy has specialized in caring for the terminally ill. Her professional experience includes working at the Hospice Coming Home, Pacific Presbyterian Hospital, and the Mother Teresa Nursing Center in San Francisco. She has also been involved in the recovery of children affected by crack syndrome, AIDS, cocaine, and alcohol.

A pioneer of the Nurturing Touch discipline, Peggy has shared her expertise in New Zealand, Australia, England, the United States, and China.

During the first course in October 2011 in Rome, Peggy said: "I live in the south of New Zealand destroyed by the earthquake, and I am very grateful to my husband for who he is and also for those who are here. I was very skeptical about this course and about helping and being close to the terminally ill, but a small voice was telling me to use this energetic technique and that all of humanity needs a loving touch."

She also left a lasting impression with her words from that time, saying, "There are so many pearls of wisdom within us; let them come out and give me the opportunity to collect and showcase your pearls of wisdom."

Peggy always said: "I feel like I get a lot of energy from each of you and I have to say that I also take great care of myself, I get a massage at least once a week and I don't drink or smoke!"



Janice Hart, IAIM Trainer 2003 - 2014 says:

"You are never fully dressed without a smile"

Well, Peggy was always fully dressed and ready to go because she constantly seemed to be smiling. A warm, expansive and genuine smile that came from her very big heart.

Peggy was generous of spirit and so encouraging and helpful. She always had good advice to give from her wide experience as a trainer and her profound belief in the value of the work we were undertaking.

Peggy made everyone feel certain that the IAIM was her first priority when she was involved in any discussion of issues that affected the work we were doing. And she frequently did it with a sparkle in her eye and a wide, wide grin.

But most of all Peggy loved to have FUN!

In Trainers Meetings we laughed and laughed about everything – and about absolutely nothing! She had a huge fund of funny stories and was usually to be found at the centre of a group who were all helpless with laughter.

The world and our association will miss her wisdom, good judgement and humour

RIP Peggy

A Tribute to Peggy Dawson

10 September 1940 - 7 May 2023



Thordis Zwartyes (Germany) says:

Peggy is beyond what can be captured in a picture or a video; she is truly phenomenal. After attending a trainers' meeting in New Zealand, I had the opportunity to spend time with her during our travels, and it was an absolute pleasure. Peggy has an incredible ability to handle any situation with joy, dance, and a positive outlook.

Thinking of Peggy always brings back cherished memories, much like the hokey pokey ice cream she adored, which we enjoyed together. Even in times when we should have been focused on serious matters, she would break out into a Hula dance, transforming the atmosphere with her magical moments.

The moments spent with Peggy are unforgettable and will forever hold a special place in my heart. Her vibrant spirit and zest for life leave a lasting impression on everyone lucky enough to meet her.

JoAnn Lewis (USA) says:

Peggy's spirit stays with all of us who had the privilege to have her as a mentor, friend or colleague. She was all three to me. Her fun-loving spirit and compassion guided everything she did.

For me, she was actually one of the first IAIM Trainers to give me the kind of unconditional encouragement I was really needing both as a Massage Therapist (she loved receiving massage for herself and her dear husband) and as an IAIM Trainer.

When she invited me along with her to dinners at our conferences at a time when she hardly knew me, I was amazed at her kindness and openness. I have tried to do the same, to pass on this spirit of cooperation, acceptance and love.

I hope we all can do this for each other in a time when it is so needed AND "Give your friend a Massage!" This was her theme and her commitment in life and I thank her everyday.

Mia Elmsäter (Sweden) says:

I met Peggy in Orlando, Florida at the very first IAIM General Assembly. Maria Mathias introduced her to me, saying: "This is our next new Trainer...she will keep us laughing!" Truer words were never spoken.

Peggy did absolutely that...especially when our Trainer's meetings were getting a bit serious, she would come up with something to make us laugh.

I have a lot of funny memories of Peggy. The one that came to mind first was from 2003, when the New Zealand Chapter was having a conference, and Peggy thought we should have our Trainers Meeting there. It was great...she organized a meeting with Māori (indigenous people of New Zealand), there were tourist trips organized for us, and we managed to have the conference and meeting in a beautiful venue right on the beach. Sylvie and I had been in Sweden for the past few days working on the IAIM Policies & Procedures and Bylaws and flew together to New Zealand. At the Conference, we sat at the back of the room. We were jet-lagged and sleep deprived, and at one point we must have fallen asleep during the conference. We figured no one had noticed, and no one said anything. When Christmas rolled around, both Sylvie and I got a Christmas card from Peggy and Mike. Inside was a picture of the two of us...sound asleep...and a "threatening note" warning us that the picture could be published throughout our association at any time!

While Peggy will be sorely missed, the many memories we have of her will live on.

Conferencia Hispanoamericana

Dreaming about a Spanish IAIM conference

Mariel Madrigal

It all started a few months ago. If IAIM Chapters organized virtual conferences, why not have one that was international and brought all the Spanish speaking countries together? Ana María Olivares and Mariel Madrigal, IAIM Trainers from Chile and Costa Rica, thought that maybe, if both of their chapters united their resources, they could have a much better-quality conference.

That is how the FIRST HISPANIC IAIM CONFERENCE (Primera Conferencia Hispanoamericana IAIM) came about.

The first step was asking the Chile and Costa Rican chapter boards to back up the plan. Ana María and Mariel were very happy to find support and dedication from their respective board members.

Finding the main speakers was easy. Ana María knew PhD in psychologist Felipe Lecannelier and Mariel knew Magister in Psychology Martha Cristo. They were leading professionals in their fields and made a great combination between the two.

PhD. Felipe Lecannelier's conference was called: The urgent need to look back at childhood, evidence and proposals. He analyzed a myriad of studies comparing upbringing practices in different countries, including his own research. In these studies, countries with a higher score were those where more dialogue occurred between parent and child. Countries with lower scores were those where children's needs were not taken into account and the parenting style was based on punishment.

He described that children's emotional needs can be summarized in three components:

- feeling protected
- feeling validated mentally and emotionally and
- feeling attended to by the adult



In a culture where stress is not allowed to be expressed, and behavioral techniques like punishment, time outs and sleep trainings are more important than conversation, play and free expression of a child's needs, the child's mental health is in detriment (Putnam & Garstein, 2019). He mentioned Chilean culture specifically.

Screen time exposure in young children was also a topic of discussion. Higher aggression and dysregulation were found in children who were more exposed to screens (Infant Behavior and Development, May 2021).

He ended his participation in the Conference with a few very important and simple aspects for families to consider:

- Every day routines and
- Time spent between parents and children

Currently, there is so much information and many parenting tools, yet somehow, adults are parenting under a lot of stress. He stated that the two most influential groups for a child's mental health are those with whom the child spends most of their time: parents and teachers. "Quality time" is not necessarily better, what's actually really better is *true presence* (Lecannelier, 2023).

Other news from our IAIM Community

NEWS FROM THE CTC

Since the Trainers meeting in 2022 there are two new members that we would like to welcome the following new members to the committee:

Mariel Madrigal from Costa Rica

Gail Bovenizer from Ireland

All members of the CTC have been busy working away behind the scenes and are delighted to announce two trainings coming up!

There will be a Senior Trainer and Consultant Training training happening in Sweden 2024. Applications have already been received for these trainings and we are very much looking forward to seeing the trainers who have booked in for this. We will be sending more information when we have details finalised.

Also we are delighted to announce that we will start taking applications for the new IAIM trainers, you will be able to register your interest from January 2024 till July 2024 and all successful applicants will be notified after this date.

If you or someone you know is interested in becoming an IAIM Trainer do get in touch at ctc@iaim.net and we can add your name to the list for the new information of the process to be sent out to you.

FROM FRANCE

Susie Chichignoud (@parentaise_bebes), an instructor in France, is so enthusiastic about IAIM that she and her husband decided to paint their wall with the IAIM International representation map. A nice way to introduce families to our big IAIM family when they join her Parent'aise infant massage classes! Congratulations on the painting to Yanis and Susie!



Other news from our IAIM Community



FROM VENEZUELA

The great family of the AVMI Venezuelan Association of Children's Massage is celebrating its FIFTEENTH ANNIVERSARY, years of significant work in Venezuela, where the teamwork of all its members is what allows us to continue sowing the seed of love in the families of our country, in order to have a more loved, valued and respected childhood.

The Venezuelan Association of Infant Massage AVMI was founded on August 19, 2008, it is a non-profit charitable institution, a pioneer in publicizing the benefits of Infant Massage for both babies and parents throughout Venezuela.

Founded by the International Trainer IAIM Andreina Di Geronimo Bustamante, and a group of CIMIS who with a lot of love dedicated themselves to making this dream a reality.



MY EXPERIENCE WITH BABY MASSAGE WAS MAGICAL

With her assignment, one student sent her own experience with her child before she decided to become a CIMI with IAIM. She gave permission to share her very personal story with touch, without her name.

FROM GERMANY

To me, my "heart beetle" appeared rather "ugly," and I didn't feel connected to it. I wanted to blame him for the difficult and painful birth experience.

Things worsened with breastfeeding, and especially during childbirth. I didn't want anything to do with "the stranger."

I had to pretend to be fine with my husband and family. A friend listened to me neutrally and asked if I truly had no connection with my baby. At first, I couldn't give an answer.

That's when I learned about mother-child bonding and discovered baby massage. Fortunately, there was a course near me, and the massage sessions took place after my retraining course. I looked enviously at other mothers and their babies, seeing how much love they shared. I felt out of place there.

From the beginning, I always asked for permission from my heart beetle when changing diapers, undressing, etc. He felt like a stranger to me.

In the first lesson, something incredible happened. My heart beetle looked at me for the first time. He acknowledged my presence.

With each subsequent lesson, I felt more and more comfortable, and my heart beetle smiled at me



THE IMPORTANCE OF INFANT MASSAGE WITHIN PERINATAL MENTAL HEALTH

WRITTEN BY LIZ WHITWOOD AND GEMMA BULLOCK

Liz Whitwood and Gemma Bullock, Perinatal Nursery Nurses work in the Perinatal Mental Health Team for Cambridgeshire and Peterborough Foundation Trust. We both joined the team in September 2021 with no mental health background, previously working in hospitals or nurseries. After attending the IAIM Infant massage course in November 2021 we had the opportunity to put the training into practice and found firsthand the impact nurturing touch from the massage had on developing and strengthening the bond between mum and baby during a time where mental health challenges may have had an impact of this

PERINATAL MENTAL HEALTH

Perinatal Mental Health Teams are a multi-disciplinary team built up of specialist mental health clinicians (Psychiatrists, Psychologists, Nurses, Social workers, Occupational Therapists, Nursery Nurses and Peer Support Workers) who can support mums and mums to be who are experiencing mental health challenges during pregnancy and the first year of motherhood. As part of the 5 year NHS plan, support will be increased up to 2 years after birth. Some examples of perinatal mental health challenges may be antenatal/postnatal depression, postpartum psychosis, anxiety, OCD, Bipolar, Post Traumatic Stress disorder and more. The Maternal Health Alliance (insert link?) share that:

1. Around 1 in 5 women experience a perinatal mental health problem during pregnancy or within the early postnatal years.
2. 70% will hide or underplay their illness.
3. Suicide is the leading cause of direct maternal death within a year of having a baby.

“Thank you for helping us through a difficult time. I am enjoying being a mother now.”



NURSERY NURSE ROLE AND INFANT MASSAGE

We see many women who do not feel bonded to their bump antenatally or with baby postnatally and this is one main focus of work for us as nursery nurses in the team. It is very common not to feel that immediate rush of love for baby on arrival but this can bring a lot of guilt for those mothers who also have complex mental health needs. This is where the power of infant massage comes in! We currently deliver our sessions on a 1:1 basis, in the family home where they feel most comfortable. The 5 sessions are usually delivered weekly but we have also found the benefits of doing it slowly, such as fortnightly to allow the mother time to practice the strokes without us there.

CASE STUDIES

*all names have been changed to protect patients identity

LISA*

Lisa is a mum of 2 children, both born throughout the covid 19 pandemic and was referred to the team due to postnatal depression, anxiety, thoughts of suicide and self harming behaviour. Lisa expressed her bond with her first child was good but felt that her bond with youngest, who was 4 months when our work together started, was different. Lisa often felt she wasn't being a good enough mum. We started infant massage sessions soon after I completed my training. Sessions were spread out over a 3 month period due to sickness and holidays. However, despite the time it took it gave me time to see the change in Lisa in how she recognised baby's cues, interact with baby with open body language and how both of them would become visibly relaxed throughout the massage sessions. At the end of the sessions, Lisa shared that infant massage had shown her she knew her baby well, that there was a bond between them and she was a good enough mum for her children.

JO*

Jo is a mum of 2 children. Jo had experienced postnatal depression with her first child however didn't receive specialist support as there wasn't a specialised Perinatal Mental Health team back then. With her second child she was referred 2 weeks post partum with symptoms of postnatal depression and suicidal thoughts/intent. Jo shared that she didn't feel the love for her baby while desperately wanting too. She shared her concerns over how she saw the bond would impact her baby in later life. We started baby massage sessions quickly after meeting to help give them time together that promoted nurturing touch. Jo presented as tearful and spoke often about her negative thoughts. Our sessions spanned over 4 months due to different factors and the priority of listening visits early into the intervention. Over that time I saw Jo relax into the massage and become more confident in her interactions with her baby. Jo reflected she often couldn't see the signs that baby was bonded to her so it was important for me that I was able to share those observations with mum when I saw them throughout their massage. Jo took those moments of baby smiling back at her to look back on when feeling down.

MAGDA*

Magda was 4 weeks post partum when referred for nursery nurse support. She had a history of anxiety and depression. This was her first baby and she was becoming distressed being unable to sooth her baby who had colic and she described baby crying from late afternoon until midnight; she was feeling exhausted and feeling a sense of helplessness and failing her baby. I started a course of 5 infant massage sessions with them over a period of 2 months and Magda would partake wholeheartedly in each session and regularly massaged baby inbetween my visits. I noticed more confidence and brighter mood in Magda as the weeks went by and Magda reported that she and baby were enjoying massage. At the end of our last session, Magda thanked me for the help that infant massage had given them and said that the strokes for getting rid of wind work every time and has given baby relief from the pain. She said it had changed their lives because she has a far happier baby and Magda is enjoying and feeling a great bond with baby. She said 'if baby is in pain, she looks at me and knows that mummy is going to help me. This is an amazing feeling!'

MEI*

Mei was a 33 year old first-time mum who had a transient episode of psychosis while on the postnatal ward before discharge from hospital so was referred to the PNMHT due to the high risk of becoming unwell again in the postnatal period. Her care coordinator noticed a disconnection between mum and baby and also recognised that Mei would need help with recognising baby's cues and meeting his needs. She had a supportive partner but no wider family support. On meeting Mei and her son I could see that she was struggling with forming a bond and communicating with baby. Mei was happy to be offered a course of 5 infant massage sessions and each session would try everything that I demonstrated. To



begin with Mei was not talking to baby and was tentative when handling baby, but she would copy me when I talked and sang rhymes to my doll, emphasising eye contact and changes in tone of voice. She showed interest in the discussion topics and on each visit she would let me know that she had discussed these further with her partner (showing him the weekly handouts) and they were both taking the information on board. Over the weeks Mei began to learn how to recognise baby's cues and how to respond, particularly when baby displayed some disengagement cues; I observed more eye contact and noticeably increased interaction and communication with baby. Her confidence in holding baby and her mood improved. Soon after our sessions finished Mei was well enough to be discharged from our team.

Infant massage is an intervention that is valued by the wider PNMH team. A quote from Emily, one of our mental health practitioners:

Having observed baby massage and heard feedback from the ladies I support as an Occupational Therapist, I cannot recommend baby massage enough with our Nursery Nurses. The ladies have responded well to the advice and guidance alongside the massage, it has improved their confidence in holding, communicating and interacting with baby. I have particularly noticed an improvement with ladies I have supported who are experiencing post-natal depression, this provides a welcome distraction and activity to complete with their babies and reduces their self-criticism as they notice baby responding positively with emphasises that they know how to interact with baby.

Give Your Friend a Massage Peggy Dawson

Give your friend, give your friend, a massage,
It's a lovely thing to do.

Give your friend, give your friend, a massage,
It's so nice to show you care.

Rubbing, rubbing, rubbing so,
Stroking, stroking, stroking too.

Necks and shoulders, legs and backs,
Pressing, pressing, just reeelaaaaax...aaaaaaahhh

M....A....S....S....A....G....E

(and as Peggy said with her eyebrows jumping up and down, "you say the word massage long and drawn out and very suggestively!!")

Have everyone in the circle turn around (ask permission of the person in front of them) and repeat the song and massage with another's back.

