

Infant Massage Classes

Anna Faith LMT, CMT

More Information...

What Will I Learn? What is a CMT?

Throughout the course of this class you will learn so much more than how to massage your baby. We will cover the importance and meaning of nurturing touch and **intention**, learn basic **baby sign language**, discuss infant behavioral states and cues, and learn about infant **communication**. We will explore strategies to cope with stress and crying. You will also learn a special massage routine for common ailments such as **colic**, **congestion**, and **teething**. Together we will discover the true meaning of bonding, **attachment**, and so much more!

∞

A Certified Infant Massage Teacher (CMT) is not only an instructor, but a parent educator who teaches the healing art of infant massage to parents and caregivers in the presence of their babies. Certification qualifies a CMT to guide parents and caregivers in the practical application of infant massage, in group and private classes. A CMT does not provide hands-on touch therapy for infants nor do they directly massage babies, rather they use baby dolls to demonstrate infant massage strokes. Our goal is to help empower families in the use of infant massage so as to nurture their loving relationships.

∞

NOTE: group classes are held with infants between 3 weeks old to just crawling age. Private sessions can be arranged with infants between 3 weeks to 12 months old.



*My goal is to empower;
to awaken knowledge
through touch.*

Class Details

The class location, dates, and size may vary each month. However, regardless of whether you participate in a group or private class, you can expect the following:

Four 45 minute classes structured to support you and your little one's needs.

∞

A binder containing all class information.

∞

A bottle of organic massage oil.

∞

Cost: \$100 per family

For updated class information call:

Anna Faith LMT, CMT

406.309.5722

244 Spokane Ave., #6 Whitefish, MT 59937

*“Infant
Massage is simple in
terms of technique,
yet powerful in what
it conveys: your love,
understanding, and
attention.”*

*-Baby Massage:
The Calming Power of Touch*

BENEFITS OF INFANT MASSAGE

For Baby:

- Promotes bonding
- Increases security
- Increases relaxation
- Facilitates communication
- Increases body awareness
- Improves muscle tone and joint mobility
- Improves immune function
- Improves digestion
- Enhances respiratory function
- Aids in production of optimal hormone levels
- Promotes restful sleep

For You & Your Family:

- Empowering
- Enhances communication and understanding of your baby's unique rhythms and responses
- Promotes bonding
- Increases relaxation and confidence
- Engages siblings & can be used on siblings!
- Provides unique bonding opportunity for fathers, grandparents, and other close ones!

INFANT MASSAGE CLASSES

Anna Faith LMT, CIMT

Why Learn Infant Massage?

Touch is our very first form of communication. It is the first sense to develop in utero, and at birth it is the most developed of all the senses.

Touch Therapy research has demonstrated that nurturing touch for children is critical in establishing the foundation of their overall sense of well-being. The love and value conveyed through infant massage makes a baby feel respected and secure, which allows his self-esteem and self-confidence to develop.

While normal affectionate touch is very important, a regular routine of massage therapy for a child promotes more integrated physiological, neurological, and psychological development and function.

The loving touch you share with your child through infant massage will enhance your relationship with him by providing a foundation of communication and mutual respect. But more than that, it will give him the stability and security he needs to grow into a happy, confident, and emotionally secure adult.

Who Can Learn Infant Massage?

*Parents
Grandparents*

*Nannies
Foster Parents*

*Aunts/Uncles
Nurses*

No matter who you are, if you care for an infant on a regular basis you will benefit from learning infant massage, as will the little one you care for! It is a wonderful way to create a lasting bond, for older siblings to engage with their new baby sister or brother, and it also makes a meaningful gift!



Photo courtesy of:
A Dimple In Time Photography
www.adimpleintime.com

*Families of
all shapes
and sizes are
welcome!*