

Touch Needs



Resources for Infant Massage Teachers
Dolls, Books, Stationery, T-Shirts, Bottles and Oils available

5% discount on weighted dolls for Touch-Learn students

Rhythm Kids: Scarves, puppets, posters and books
Discounts for Touch-Learn Ltd students on the following books:
Rhythm Kids and Teach Yourself Baby Massage and Yoga

For information contact:
01908 305045
www.touchneeds.com
Special Offer
January/February 2009
20% off Songs To Sing With Your Baby CD

Perfect-sized toggle bag for carrying demonstration dolls
Now in stock!

Our accreditations



Training Programmes:

Touch-Learn Infant Massage Teacher Training Programme has been designed to meet the increased demand of health/childcare professionals and complementary therapists who wish to become infant massage teachers and teach parents in the community. Infant massage has been identified as being particularly well suited to support health professionals in their health promotion work with parents and infants.

We offer scheduled courses around the UK or we can bring the training to your organisation, therefore eliminating costly travel expenses. We need a minimum of ten students and a maximum of sixteen.

Touch-Learn also offers bespoke in-house programmes to meet your needs. Call Head-Office for information.

Workshops:

Baby Yoga (2 days)

Rhythm Kids (1day)

Massage For The Growing Child (1day)

Massage And The Neonatal Experience (1day)

Baby Weaning (1day)

Scheduled workshops or in-house.
Minimum numbers: 10 maximum 16

The Guild of Infant and Child Massage International Conference Saturday, March 28th 2009 The Resource Centre, Holloway Road. London

More Than Touch – The Power of Infant Massage - Angela Underdown

Angela is a Public Health Advisor for the NSPCC, co-director for Warwick Infant and Family Wellbeing Unit, Warwick University and co-author of 'Massage Intervention for Promoting Mental and Physical Health in Infants Aged Under Six Months'. Cochrane Systematic Review.

Supporting Vulnerable Mothers and Babies in Romania and How Infant Massage is Helping Emanuela Chiritescu

Emanuela is the Director of a Maternal Centre in Bucharest and works for the charity Asociatia Semn De Viata, striving hard to secure funding worldwide in order to support the volunteers working with abandoned babies in maternity hospitals and foster families caring for these babies, as well as the Maternal Centre.

Infant Massage, Parent-Infant Communication and Brain Development - Suzanne Zeedyk

Dr Suzanne Zeedyk is a Senior Lecturer in Developmental Psychology at the University of Dundee and has been involved in many research projects concerning parent-infant interaction and communication, including the effects of infant massage on maternal confidence. More recently she was commissioned by the Literacy Trust to research the effects of forward facing baby buggies which has been highly publicised in the media.

Mother-Child Inter-Body Relationship: Cross-Cultural Studies of Interactions during Play, Sleep and Infant Massage - Koichi Negayama

Koichi is a Professor of Development Psychology at the Waseda University, Tokyo and has been involved with many cross-cultural studies, he most recent being examining infant massage classes in the UK and Japan.

www.gicm.org.uk for more information.

January 2009 ■ Volume 1 ■ Issue 5

touchlearn

Positively Touching People



In this Issue

- Massage For the Growing Child Workshop
- Infant Massage Research Project - Help Required
- Helping orphans and disadvantaged children in Romania
- Oil Safety
- The Guild of Infant and Child Massage International Conference



Touch-Learn Ltd ■ Saddler's Court ■ 18a Carter Street ■ Uttoxeter ■ Staffordshire ■ ST14 8EU
Tel: 01889 566222 ■ Fax: 01889 566222 ■ M-Keynes Office: 01908 261274
Email: mail@touchlearn.co.uk



Latest News From *touch*learn

Dear Colleagues

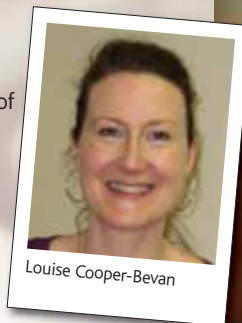
Welcome to our winter issue of the newsletter; we hope you like the new look! We also hope that it goes some way to compensate for not receiving a summer issue. What a year we've had at Touch-Learn! Read on for news of what we've been up to.

The early part of the year began with many of our QIMTs across the UK participating in the small study that we collaborated on with Dundee University. This was a very exciting project for us as we're always keen to find out about the far reaching benefits of infant massage. More information to follow soon.

In the spring we launched our Baby Yoga Workshop and we are pleased to say that it has been very well received indeed. The workshop is really practical and offers exercises for the parent and baby! Evaluations have been excellent and we'd love to hear from those of you that have now been trained and are rolling the programme out to parents.

In the summer Catherine, our clerical support, went on maternity leave and she now is the proud mum to Joshua. He keeps her busy and of course they're doing baby massage together! To cover Cat's maternity leave Louise Cooper-Bevan has joined our ever-extending team. We worked with

Louise a number of years ago and it's great to have her on board again to help keep things ticking over at the hub.



Louise Cooper-Bevan

More recently Pauline and Anita went to Romania to train a large group of professionals working with abandoned and disadvantaged babies and children. This was a very interesting project and hopefully will have far reaching benefits in the capital city, Bucharest. See inside for more details.

Infant Massage: The Definitive Guide for Teachers written by Anita and Pauline will be published early next year. This is slightly later than planned but given the rather heavy workload this year, there isn't any wonder. See inside for special offers for Touch-Learn students.

Finally, the duo are working on the launch of a new workshop in the spring of 2009. All this and 2008 was supposed to be a year to slow down a little and catch their breath. Hmmm.

Enjoy the newsletter and moreover enjoy the festive break!

Best wishes from the The Touch-Learn Team

Massage For the Growing Child Workshop

From 2009 Touch-Learn will add a new workshop to its already comprehensive suite of programmes and workshops. This new Massage for the Growing Child programme will be a one-day workshop for QIMTs who wish to extend and expand the range of classes they offer to parents and children.

As with all the Touch-Learn workshops that compliment our principal Infant Massage Programme, the skills acquired from undertaking the Massage for the Growing Child workshop can be used independently, or can be blended with the skills attained from other workshops we offer. As part of an infant massage teacher's continuing professional development, the Massage for the Growing Child programme, delivered in isolation or combined, will enhance the practice that offers a unique approach when working with parents.

The workshop will cover:

- Massage Techniques For the Growing Child
- Relaxation Techniques
- Facilitating Games using Massage and Positive Touch
- First-Aid Box For Children
- Special Situations

As with all Touch-learn courses there are comprehensive manuals, clear instruction, lots of fun and all underpinned by the level of quality one expects from Touch-Learn.

For a full prospects please contact the head office on 01889 566222 or mail anita@touchlearn.co.uk

Positively
Touching
People

1

Positively
Touching
People

6

INFANT MASSAGE RESEARCH PROJECT – HELP REQUIRED



We have been approached by Koichi Negayama, Professor of Development Psychology at the Waseda University in Tokyo, to see if we would be interested in supporting his most recent cross-cultural research project, which is directly to do with the practice of infant massage in the UK and Japan.

The methodology Professor Negayama is employing includes observations of infant massage classes in both the UK and Japan. Whilst in the UK in April, he is hoping to have already made contact with infant massage teachers who are willing to ask parents if they would allow him to observe them massaging their babies during a class and, if possible, record the session on video (though he is fully aware

that some parents may not be comfortable with this and only observation will be allowed).

He has asked if the Touch-Learn infant massage teachers would consider helping him, in order for his visit to be as fruitful as possible with regard to his research.

I feel that on-going research involving infant massage is vital and I am glad that we have been approached for help. Please would you contact me if you are happy to be involved with this project and I will pass on your contact details to Professor Negayama.

Pauline Carpenter -
pauline@touchlearn.co.uk 01908 261274 or 01889 566222

5

Positively
Touching
People

Infant Massage: The Definitive Guide For Teachers

Pauline Carpenter and Anita Epple, Ditto International Ltd £14.99

This comprehensive manual is a must-have for all infant massage teachers. It contains the underpinning knowledge to enable teachers to practice not only safely but successfully. It includes, teaching strategies, suitable oils, child development milestones, benefits for babies and parents, relevant anatomy and physiology and much, much more.

Available early 2009 from Touch-Needs. Discounted to £11.99 for Touch-learn's QIMTs and students.

Oil Safety

We have received calls from one or two students who have had babies in their classes react to oil after the patch test has been carried out without any indication of a reaction at that time. In order to help reduce the incidence of this occurring, we would like to offer the following cautionary advice.

- If there is no access to a sink at the training venue, advise parents to cleanse their hands with oil (supplied for the massage or otherwise) and wipe clean with a tissue. It is advisable not to provide chemically based hand cleansers or baby wipes, as this may, when mixed with the massage oil, cause a reaction on the babies' delicate skin

- When guiding parents to do the patch test, suggest they 'massage' the oil into the wrist. Some may only dab it on, which might mean it only sits on the surface of the skin, not penetrating deeply enough to sufficiently create a reaction (if there was going to be one)

- Enquire, via the health check form, about the delicacy of the baby's skin. If a parent indicates that they are inclined to react to certain products it might be expedient to offer a hypo-allergenic oil, such as fractionated coconut. (Regardless of the oil, a patch test is still necessary)

2

Positively
Touching
People

If you have any queries, please contact either Pauline pauline@touchlearn.co.uk or Anita anita@touchlearn.co.uk

Testimonial **touchlearn** Baby Yoga Workshop

The two day Baby Yoga workshop is about right. Very approachable trainers who clearly believe what they teach. I look forward to adding this new technique to my Infant Massage and Rhythm Kids™. Thank you!

Yvonne Edwards,
Infant Massage
Teacher

3

Positively
Touching
People

Helping orphans and disadvantaged children in Romania

Last month many of you would have seen the ITV documentary where Sarah Ferguson and her young daughters visited Romania and Turkey undercover to investigate the institutions in which many abandoned children and adults find themselves in. This programme was a chilling reminder of our own visit to Romania only the week before. As you know, Pauline and I spent a week in Bucharest teaching infant massage to a number of professionals that work with abandoned babies, disabled children and young, single mothers.

We recently collaborated with the psychology department at Dundee University on a small research project looking at the benefits of infant massage and it was Dr Zeedyk who introduced us to the work of Emanuela Chiritescu in Bucharest, Romania. Emanuela gave up her career in teaching a few years ago to form a charity to help care for the many abandoned babies in the hospital in her district in Bucharest and work with foster parents who look after the abandoned babies. She then went on to open up a Maternal Centre with 8 places for single mothers who ordinarily would have abandoned their babies at birth and left them for the state to rear in an orphanage. Emanuela is a determined and resourceful woman who raised the funds from donations in Romania and abroad as well as some government funding.

Even since the demise of Ceausescu's oppressive regime, where he banned the use of contraception, Romania still has a culture where there is little and in many cases no education about contraception. This has resulted in Romania having the highest rate of abortions in the world and pro-life groups have been campaigning for mothers to continue with their pregnancies. However, there is still a huge stigma attached to single mothers and many are disowned by their families when they find themselves pregnant. It has long been accepted that unwanted babies, for whatever reason, are given up to the state to be reared.

The government is working with families to foster and adopt many of the babies, but this process is quite lengthy. This is hindered beyond belief if a child has been abandoned in hospital and its mother hasn't registered the birth. The

adoption laws are quite tight now in Romania and the government is duty bound to find the mother or her family for a year before a baby is then allowed to be adopted. These abandoned babies remain in hospital until a suitable foster/adoptive family is found or they move to an orphanage. They are desperately in need of love, stimulation and positive touch to help them thrive and many are not receiving this unless it is from volunteers working in the hospitals.

Many of the children who have been abandoned and grow up in orphanages have real difficulty with the state-run homes and often run away, preferring to manage their own lives by begging for money and living on the streets of the city. Our first encounter of such street children was within 20 minutes of leaving the airport. We were at traffic lights and as soon as the lights turned red the dirty, undernourished little children appeared from nowhere, holding puppies close to their skinny little frames, partly for warmth, partly to appeal to the softer side of their potential benefactors. Our guides offered biscuits and fruit, but no money. All the people we asked about these children were rather cynical, commenting that the children struggle with discipline in the homes. It was a sad indictment of the fate of some of the abandoned babies.

Emanuela's vision has been to help babies so that they do not ultimately fall into these terrible situations. She was very keen to learn about infant massage and could see the huge benefits of its use with the abandoned babies in hospital and for the babies and mothers in her Maternal Centre. After much discussion Pauline and I agreed that we would offer our services free of charge to 24 similarly minded people in the capital city as there is no money for such training programmes. We developed a slightly longer programme based on what we teach in the UK and many of our friends, colleagues, family and former students pledged donations towards the cost of the training resources and for this we are very grateful. Thank you.

We trained GPs, health visitors, physiotherapists, social workers, therapists working with disabled children, educators and volunteers from

Maternal Centres and volunteers working directly with the abandoned babies in hospitals. The trainees were super and were extremely grateful for the chance to learn a practical skill that will help them with the mothers and babies. They were stunned by the knowledge they gained about how vital it is for a baby to receive positive experiences and loving touch within the first two years of its life. On a lighter

note, we had real fun and we even taught our students many British nursery rhymes! Listening to 24 Romanian adults singing 'this little piggy went to market' was hilarious!

All in all, the trip was an emotional rollercoaster for both of us, but we are extremely glad we went.
Anita Epple



HELP To Fund a Volunteer In Romania

One of the trainees that attended our programme was Alexandrina – she is a retired woman, a grandmother, who works in one of the hospitals in Bucharest. She works from 8am until 4pm, Monday until Friday, in the maternity ward looking after abandoned babies. She receives an honorarium of 800 lei per month (about £190) for this vital work.

The week we were in Bucharest, included in her charge were 8 newborn babies (all under a week), one 6 week old baby (who was born with a drug addiction) and a four and a half month old baby girl who still remains in the hospital ward as her mother abandoned her on the day of her birth. As her mother didn't register her before she left she cannot be adopted for a whole year. This little baby is beautiful, perfect in every way and bright as a button. She very much reminded me of my own daughter at that age. This little girl, poignantly born on my own birthday in June, was desperate to be held and caressed and very much in need of love, attention and stimulation. She is exactly the kind of baby that will fall foul to the system if she is not given the much needed care she deserves and desperately needs.

Alexandrina was very excited about her new skill and knowledge and couldn't wait to start massaging the babies and promised me faithfully she would massage the baby born on my birthday! However, we learned very soon after the course that the charity that pays Alexandrina's honorarium, Asociatia Semn De Viata, can no longer afford to pay her as they have run out of funds for this project.

I found this news most distressing and as a consequence my partner David and I have promised the charity we will fund Alexandrina's pay for the next three months. If you, having read about our trip to Romania above and the work of this selfless volunteer, Alexandrina, would like to make a contribution to the charity to help fund her honorarium please contact me on anita@touchlearn.co.uk or 01889 566222 or Pauline on pauline@touchlearn.co.uk 01908 261274.

**Thank you
Warmest regards
Anita**

Positively
Touching
People

4