Finding the Right Infant Massage Teacher Training Course

Learning how to massage a baby is a very special time for a parent, which can be greatly enhanced by the skills and sensitivity of the Baby Massage Teacher. The training programme you undertake to become a qualified Infant Massage Teacher must, therefore, be able to support you to become a confident teacher who is able to teach professionally, ethically and competently at all times.

What to ask when looking for a training provider:
1. To ensure that the training is of a high standard, it is advisable to confirm with the provider that the programme:
   - Is accredited by the Guild of Sensory Development (GofSD).
   - Has been underwritten by a reputable insurance company, so that you are able to purchase professional indemnity insurance cover as a student and then as a qualified teacher.

2. If the programme has not been approved by the GofSD, it is important to confirm that:
   - There is a minimum of four days tutor contact time and that it includes an aspect of both theoretical and practical assessment, including communication with and the emotional development of your baby.
   - There is an element of Anatomy and Physiology (A&P) within the programme that will allow you to learn about the physiological impact of massage; particularly in relation to the contraindications and the benefits of massage. *(All adult massage therapists are required to have an A&P qualification, it is important the same standards are applied to infant massage.)*
   - The baby massage routine does not include a technique called Indian milking. *(These particular strokes are not suitable for babies and routines that include them are best avoided.)*
   - You are guided to use a demonstration doll on which to learn the strokes and subsequently to teach the massage routine to parents. *(It is not ethical or appropriate for an infant massage teacher to massage a baby instead of the parent; and your insurance would be null and void if you did so.)*

It might also be useful to know:
- Does the programme allow you to learn how to facilitate groups and one-to-one sessions?
- What resources are provided by the training provider to support your learning and subsequent teaching sessions?

If you have any questions please email the GofSD: web@gofsd.org.uk or call 0845 468 4005

The Guild of Sensory Development
www.gofsd.org.uk
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