

## What is Infant Massage

**Infant Massage** is a parent education program, based on **family strengths**, which promotes the physical and emotional well-being of babies and young children.

**Clinical research** confirms the importance of a secure, loving environment and nurturing touch in the healthy growth, development and maturation of children (**T. Field-University of Miami Medical Center**). Parents bond and attach strongly to their children when nurturing touch is deliberately introduced to foster secure relationships (**S. Bavolek**).

Current findings on **early childhood brain development** reveal the benefits of positive contact as an integral part of baby's early life, and the unfortunate results when this early attention is lacking (B. Perry).

**Parents** report increased feelings of **confidence** in caring for their baby as a result of infant massage instruction.

## Benefits of Infant Massage

- Encourages secure attachment.
- Helps parents understand their baby's unique language and cues.
- Reduces baby's stress and irritability.
- Helps relieve discomfort of gas and constipation.
- Enhances weight gain and overall development in premature infants.
- Establishes a pleasurable, nurturing routine of positive touch for families.

**Certified Infant  
Massage Instructor  
Training**  
with the  
**International Association  
of Infant Massage (IAIM)**



*Communicating Love  
Through Touch . . .*

## Certification Training

The four day training includes lectures, discussions, audio-visual presentations and student practice teaching experience at a three day parent/ baby demonstration class. Training materials include a copy of Infant Massage: A handbook for Loving Parents, Teaching Infant Massage: A handbook for Instructors, student materials packet and an extensive up-to-date bibliography.

Certification is granted only after attending the four-day instructor training and the successful completion of the take-home exam, practice teaching and required reading. Certification enables the participant to teach parents and caregivers to massage their children. They are not certified to be “hands-on” practitioners. These Certified Infant Massage Instructors (CIMI) join thousands who teach not only in the US, but world in over 37 countries.

### Participants will learn to:

Upon completion of this course, participants should be able to:

- Discuss current research on the benefits of touch and tactile stimulation.
- Review the benefit so infant massage for families.
- Demonstrate skill in observing and guiding parents’ response to their infant’s cues.
- Adapt massage to specific needs, such as the newborn infant, in infants with special needs, and the growing child.
- Improve communication skills with parents and caregivers.
- Improve facilitation skills for use in group and individual instruction.

## Continuing Education

The Certified Infant Massage Instructor (CIMI) Training Course is approved for 30.9 contact hour as follows: (Partial credit is NOT granted.)

### Nursing

**The International Association of Infant Massage –US (IAIM-US) Chapter is a licensed continuing education provider in the State of California, approved by the California Board of Registered Nursing, provider number CEP 12114 for 30.9 contact hours.**

### Massage

The IAIM, US Chapter is approved by the National Certification Board for Therapeutic Massage and Body Work (NCBTMB) as a continuing education provider under Category A Provider Number 025761-00.

## About the Trainer

Linda Storm holds a bachelors degree in Elementary/ Special Education with continuing education in Early Childhood and has designed products to promote early developmental skills. She actively promotes infant massage in the Northern Virginia/ DC area and has facilitated the formation of a local IAIM branch. She works with the WIC program at Ft. Myers, VA and Ft. Belvoir, VA She currently serves as the Vice-President for the IAIM International Board and is a committee member with the several national and local organizations.



## Application

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Special areas of training/ experience?  
\_\_\_\_\_

Please attach the following information:  
Why do you want to teach infant massage?  
(Please use a separate paper.)

Do you need lodging information? \_\_\_\_\_

Are you interested in contact hours? \_\_\_\_\_

Tuition is \$595. for the four-day training and includes the books *Infant Massage: A Handbook for Loving Parents* and the *Infant Massage Instructor's Manual*.

Full tuition must be included with the application and received 3 weeks prior to the training. If received less than 3 weeks prior to the training fee is \$625.

### Send application and fee to:

**Linda Storm**  
7620 Bertito Lane  
Springfield, VA 22153  
571-241-1075  
[Linda@touchforlife.org](mailto:Linda@touchforlife.org)

### Cancellation Policy

An applicant who is unable to attend the training must notify the sponsoring agency. The cancellation fee will comply with the sponsoring agency guidelines.