

Your Touch

Matters



When you hold your baby, do you stroke his or her back, fingers, toes and nose?

Believe it or not, it makes a difference. Go ahead, you won't spoil your baby. Touch is one of a newborn's most advanced senses. Infants who have their skin stroked regularly cry and fuss less.

The gentle skin-to-skin contact lowers levels of stress hormones. Massage can also bolster a little one's immune system, improve motor skills, and stimulate intellectual development.

As the day unfolds, think of ways to touch your baby in a loving way while diapering, feeding and providing comfort. As you touch your baby, name the body part and count or say all the reasons you love him or her.

The benefits of massaging an infant include:

Better sleep. Hormones released through touch help your baby relax, become more calm and sleep better. This can be a perk for parents, too.

Relieves Growing Pains. Stress from day-to-day activities and discomfort of gas/colic, constipation and teething can be relieved through massage.

Promotes Bonding. Your baby learns to trust you, feel secure and form a healthy attachment as you respond to his or her needs.

Consider giving your baby a regular massage. Among the rewards may be a less fussy baby. For more information visit www.infantmassageusa.org

