

# The East Texas Center for Pediatric Touch Education

Presents this FREE class to parents to prepare them prior to a Parent-Child Massage Series  
This class will help parents decide if they want to register for the entire 3 part series.

Any new or expectant parent, or grandparent and primary caregiver of a specific child is welcome to attend this free informational meeting. This is a recommended class prior to registering for any of the Parent-Child Massage Training Classes. There will be brief discussion in this class about special needs children & premature infants or history of prematurity and the benefits of Touch for these families though a more detailed meeting with a focus on Special Circumstances will give those families additional, more beneficial information. Ask instructor for information on those meetings or how you may receive a free private consultation to assess how The Center for Touch can best serve you. Find more information at [pediatrictouch.com](http://pediatrictouch.com) and [happybabysecrets.com](http://happybabysecrets.com) or contact instructor at 903 981 3206

## **Parent-Infant Massage Informational Meeting**

**Purpose:** This meeting is strictly informational, to prepare parents who are considering taking the infant massage training series in the future. There will be no hands on massage instruction at the information meeting, so it is not necessary for you to bring your baby to this meeting.

Parents must attend this one time meeting prior to registering for the 3 Part Infant Massage Series.

This Prep Class will include discussion & handouts on the following topics:

- Why Touch is important
- Development of the baby's skin & sensory system
- Benefits of infant massage: (short & long term) for baby & family
- Safety & Precautions
- Evidence Based Research information
- The Massage Class Registration Process: Pediatrician Release forms etc
- General information on oils to use for massage
- Engagement & Disengagement Cues
- Baby States
- Hormones: How & Why massage works
- Sample/Partial Demonstration by instructor
- Other "touch" considerations for special situations: premature babies, babies with health conditions etc