

### **Background Reading:**

Participants are encouraged to review the following books before coming to the training: *“Touching”* by Ashley Montague and *“The Baby Book”* by William Sears. You will be provided with the following two books at the training: *“Infant Massage Instructors’ Manual”* and *“Infant Massage – A Handbook for Loving Parents”* by Vimala McLure.

### **Certification with the International Association of Infant Massage:**

Upon completion of the training course, you will take home an exam to complete in your own time, normally within 3 months of the end of your training or as agreed upon with your trainer. You will also be asked to arrange a ‘practicum’ in your community to teach your first course in Infant Massage. Feedback from this is sent to your trainer along with your take-home exam.

### **About the trainer:**

Sylvie Hetu is an Infant Massage trainer with an impressive international reputation and is, in addition, the president of the International Association of Infant Massage. She brings over 17 years of experience as an instructor and trainer, not only in Canada but in England, Japan, and many other countries.

### **Objectives for the Training:**

At the end of this training you will have the tools to:

1. Understand the history of Infant Massage and the role that it has played in strengthening families.
2. Identify the benefits of Infant Massage for the infant as well as for the parent or care-giver.
3. Correctly demonstrate the entire sequence of massage techniques on a doll, including ways of adapting the massage for an older child.
4. Describe relaxation techniques for the parents or care-givers as well as for the infant or child.

5. Understand more about infants with special needs and how variations in massage may meet their particular needs.

6. Gain an understanding of parents with special challenges, including teen parents and parents with a history of substance abuse.

7. Become familiar with Infant cues and understand their significance in parent-infant interactions.

8. Gain an understanding of attachment theory and how this influences Infant Massage.

9. Define and practice good communication skills with parents/care-givers.

10. Know how to plan, promote and implement an Infant Massage program in your community or place of work.



*International Association of Infant Massage*

### ***Becoming an Instructor:***

This four-day course covers an extensive curriculum designed and delivered by trainers certified by the International Association of Infant Massage (IAIM).

### ***Learn about:***

- œ the benefits of Infant Massage, to parents or care-givers as well as babies,
- œ the significance of attachment,
- œ infant massage sequences,
- œ 'gentle movements',
- œ adapting the approach for babies and parents with special needs,
- œ adaptations for growing children,
- œ teaching techniques and
- œ communication skills.

In addition you will have a chance to put your training into action immediately, with a practice session in a parent and baby class.

### ***Cost:***

\$ 500.00 \*

Please send \$150.00 by June 1<sup>st</sup> 2008, to confirm your registration.

This includes a manual, a book, additional resource information and a first year's membership in the Canadian Chapter of the International Association of Infant Massage.

Please make cheque payable to:  
**Judith Oldfield**, as local organizer for the Canadian Chapter for the International Association of Infant Massage.

***For more information or to register please contact:***

Judith Oldfield,  
Regional Advisor, IDP of BC  
Vancouver Island Region

#102-1715 Wilmot Road  
Cowichan Bay BC V0R 1N1  
Phone: 250 250-746-9775  
E-mail: [juditholdfield@shaw.ca](mailto:juditholdfield@shaw.ca)

## ***Infant Massage Instructor***

### ***Certification Training***



### ***Dates:***

June 17<sup>th</sup>-June 20<sup>th</sup> (Tuesday-Friday  
from 9am-5 pm)

***Place:*** Tsartlip Community  
Sportsplex, Brentwood Bay, BC \*  
**Directions will be sent**