

TykeKnit Infant Touch & Massage

Thank you so much for your interest in infant massage. Infant massage is a loving way to connect with your baby, while also supporting their physical comfort, emotional development, and your own confidence as a parent. In this short guide, you'll find an overview of the many benefits of infant massage, as well as the common concerns it can help address.

Benefits of Infant Massage for Babies

Bonding and Attachment: Infant massage promotes a deep connection between you and your baby. It helps establish trust and strengthens the emotional bond.

Emotional Well-being: Massage can help regulate your baby's mood and emotions, creating a sense of security and contentment.

Stress Relief: Just like adults, babies experience stress too. Gentle massage techniques can help soothe them, reducing stress and promoting relaxation.

Improved Sleep Patterns: Regular massage can lead to better sleep quality for your little one, which means more rest for both of you!

Digestive Comfort: Gently massaging your baby's tummy can ease common digestive discomforts like gas and constipation.

Pain Relief: For babies experiencing teething pain or muscle tension, massage can provide natural relief.

Immune System Boost: Studies suggest that infant massage may strengthen the immune system, helping your baby stay healthy.

Developmental Benefits: Infant massage supports healthy physical and neurological development. It aids in muscle tone, midline orientation, and overall body awareness.

Benefits of Infant Massage for Parents and Caregivers

Strengthened Parent-Child Relationship: Massaging your baby creates a special bonding experience, deepening the emotional connection and trust between parent and child.

Improved Parental Confidence: Learning to understand and respond to your baby's cues through touch can boost your confidence as a parent.

Stress Reduction for Parents: Engaging in massage provides a calming and meditative experience for parents, reducing their stress levels and promoting relaxation.

Enhanced Communication: Through touch, parents become more attuned to their baby's needs, improving their ability to respond sensitively and effectively.

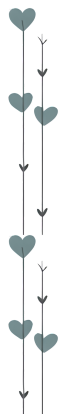
Opportunity for Mindful Interaction: Infant massage encourages focused, quality time with your baby, fostering a deeper sense of presence and mindfulness.

Concerns Infant Massage Can Help Support

- Colic, gassiness, or constipation
- Teething discomfort
- Feeding and growth
- Sleep struggles
- Difficulty settling
- Head-turning preference
- Touch sensitivity or sensory differences
- Developmental progress
- Neurological development
- Building stress tolerance and calm
- Circulation and healthy oxygen levels
- Overall physiological regulation

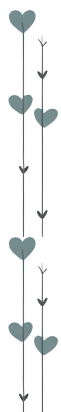
What Families Often Experience with Infant Touch and Massage

Positive Changes You May Notice Right Away:



- **Immediate Relaxation:** Your baby will feel relaxed and calm after a massage session, often leading to better sleep and improved mood.
- **Enhanced Communication:** Through touch, you'll become more attuned to your baby's cues, making it easier to understand their needs.
- **Reduced Discomfort:** If your baby experiences common discomforts like colic symptoms or teething, massage can provide instant relief.

Real Life Effects for Baby and You Over Time:



- **Improved Motor Skills:** Over time, infant massage can contribute to your baby's physical development, including growth, coordination, and muscle strength.
- **Emotional Resilience:** By providing a secure and nurturing environment, you're helping your baby develop a strong foundation for emotional well-being.
- **Enhanced Parent-Child Bond:** Regular massage fosters a deep connection, which can continue throughout childhood and into adolescence.

Who's Guiding You Through This Practice

I'm Dr. Penny Hicks, a pediatric physical therapist and a Certified Infant Touch and Massage Instructor through the International Institute of Infant Massage. This means I've completed specialized training, including coursework and hands-on practice, to support parents just like you in learning infant massage safely and confidently.

My goal is to help you experience the joy of nurturing touch, as a loving way to bond with your baby while supporting their growth and well-being. With my guidance, you'll feel empowered to include infant massage in your daily life and enjoy all the wonderful benefits it brings for both you and your child.

I developed TykeKnit to provide infant massage guidance every step of the way. Through TykeKnit, I combine my expertise in infant development with heartfelt experience supporting families. But don't just take my word for it! Check out this [testimonial](#) from a wonderful mom who used my services to embark on a baby massage journey.

Join Me to Experience Infant Massage Instruction the TykeKnit Way



I warmly invite you to join me through one of TykeKnit's Infant Massage programs. No experience needed, just a genuine desire to build a deep connection with your little one. I teach infant massage to parents, grandparents, and caregivers of babies from birth to two and the sessions are conveniently scheduled virtually. I'm delighted to offer a complimentary connection call if you have any questions or are curious about how my programs might meet your needs.

You can learn more at tykeknit.space.