

## Instructional DVDs and Handbook

### Both Parents and Babies Benefit from the Infant Massage Experience:

- Massage enhances communication and deepens feelings of attachment between parent and baby that promotes the physical and emotional well-being of babies and young children.
- Parents experience increased confidence and competence in caring for baby.
- Infant Massage helps families develop nurturing care giving routines.
- Massage helps babies relax and release stress.
- Babies experience physical relief from symptoms of teething, colic and gas.
- Massage stimulates baby's growth and development.

### Manual and DVDs include...

#### Nurturing Touch: An Introduction to Infant Massage DVD

*Twenty-minute instructional DVD that serves as an introduction to the practice of massaging infants.* The benefits of massage are described and the strokes of the legs and back (especially enjoyable for both caregiver and infant) are demonstrated. An ideal resource for parents to own and to use as a guide for establishing Nurturing Touch routines. The Nurturing Touch Handbook accompanies this DVD. **IFM-SDVD**

#### Nurturing Touch: Instruction in the Art of Infant Massage DVD

*(Closed Captioned)*

*Fifty-minute instructional DVD designed for the serious student, parent or instructor of infant massage.* The Nurturing Touch DVD begins with an introduction to the benefits of Infant Massage by professionals and parents, followed by the step-by-step demonstration of a complete Infant Massage routine based on Indian and Swedish massage and Touch Relaxation. In addition, the Nurturing Touch DVD provides suggestions for listening and responding to baby's cues and relaxation exercises for parents and caregivers. The Nurturing Touch Handbook accompanies this DVD. **IFM-DVD**

#### Nurturing Touch: Instruction in the Art of Infant Massage Handbook

This easy-to-use guide is designed to teach parents how to massage their babies. The focus is on Infant Massage as a way to enhance the parent-child relationship through gentle nurturing touch. The Nurturing Touch Handbook accompanies the DVDs and it may be used alone. *English or Spanish!* **IFM-H or IFM-SPH**

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### Ordering the Nurturing Touch® Materials

Product	Code	Price
Nurturing Touch: <i>Introduction</i> to the Art of Infant Massage (20-minutes)	IFM-SDVD	\$24.95
Nurturing Touch: <i>Instruction</i> in the Art of Infant Massage (50 minutes)	IFM-DVD	\$84.95
Nurturing Touch Handbook ( <i>English</i> )	IFM-H	\$ 6.00
Nurturing Touch Handbook ( <i>Spanish</i> )	IFM-SPH	\$ 6.00

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#### Infant Massage Instructor Training

Teaching adults and children to use gentle touch through massage techniques has clinically shown to increase parent-child bonding and to prevent the use of hurting touch such as shaking, hitting, and spanking children. *The Nurturing Parenting Programs that use infant massage are : Prenatal Families; Parents and Their Infants, Toddlers, and Preschoolers; Teen Parents and Their Families and Nurturing Skills for Families*

#### Juliana Dellinger-Bavolek, M.S.E., Certified Educator Trainer with Infant Massage USA

is co-author of nationally recognized and validated parenting programs. She has over 30 years of experience with young children and their families as a teacher, home visitor, and facilitator of parenting groups.

For information on Juliana's Infant Massage Instructor Trainings, visit our website at [www.nurturingparenting.com](http://www.nurturingparenting.com).