

BABY MASSAGE

Our hands are a baby's introduction to the world.

— Janet Lansbury



Yan Ping has always held a firm belief in the healing power of touch and so in 2019, she embarked on a learning journey about baby massage— she is now a certified infant massage instructor with the International Association of Infant Massage (IAIM). Yan Ping is the founder of Physio+, a physiotherapy rehabilitation clinic that adopts a holistic approach to a person's overall well-being. She has been a practising physiotherapist for more than 10 years and holds a Masters degree in Manual Therapy and a DMA Clinical Pilates certification.

Baby massage—powerful yet underrated. The gentle art of baby massage has been around since 1970s. It has been part of baby caregiving traditions passed from parent to child for many generations. It connects you to your baby, empowering you to understand your baby's non-verbal language and respond with love and respectful listening. In the early years, different massage strokes have been researched, studied and refined. As it is a special and personal experience for your baby, it is only safe for certified instructors to teach the strokes and for it to be carried out by an infant parent or grandparents. Physio+ will be conducting classes to teach the carers the strokes developed by Vimala McClure (Founder of IAIM) which integrates Indian massage, Swedish massage, yoga and foot reflexology principles which will be carefully taught to parents.

What are the benefits for baby?

Baby massage not only benefits babies, but it is also equally beneficial for parents. Our current society sees most families with both working parents and hence there is less time spent at home. Particularly for working mothers, baby massage allows a more achievable way to attain quality time: a mere 15 to 30 minutes one-on-one session with your baby can reap much benefits for the both of you. The massage helps to:

- Relieve colic
- Boost immune system
- Boost circulatory and hormonal system
- Aid in digestion
- Provide comfort for discomfort during teething
- Aid in motor development and coordination
- Strengthen and deepen bonding between parent and child
- Relax parents with the release of hormones
- Give you the confidence to understand your baby

What are baby massage classes like?

Classes are conducted in a relaxing and nurturing environment to allow confidence to grow as you strengthen and deepen your bond with your baby through the massage. The instructor will coach you by showing you the step-by-step massage techniques and strokes. She will also help to modify your technique according to your baby's needs. She will also be on hand to show you the best way to handle your baby in order to promote motor development and coordination. The social side of the class also provides a platform for mummies to share their stories and to provide assurance and support for one another. At the end of the 5-session class, mummies will receive a manual with all the IAIM massage strokes and a bottle of massage oil to bring home to.

Contact us for more details:

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