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Early Care, Education and Family Studies (ECEP) 1582 Infant Massage (1 Unit) (DS4) CSU
[formerly Early Childhood Education 1582; Early Childhood Education11C]

Advisory: Eligibility for English 1500 strongly recommended. Completion of or concurrent enrollment in Early Care, Education and Family Studies1581 and 1583 recommended.

Total Hours: 16 hours lecture (total)

Catalog Description: This course provides instruction on positive touch, infant massage, and relaxation techniques in the context of support for the development of the infant. The impact of positive touch is discussed in terms of child growth and development, bonding and attachment, human anatomy and physiology, stress management, self-esteem, and overall health and well being. The course also covers facilitation of positive interactions between infant and caregiver through instruction on the recognition of infant cues, sensitivity to cultural issues and special needs infants, and development and maintenance of safe and appropriate environments during use of these techniques. Emphasis is on the interaction between the caregiver and the infant in reading and understanding cues, relaxation techniques and the importance of preparing for massage and massage techniques.

Type of Class/Course: Degree Credit

Text: Schneider McClure, Vimala. *Infant Massage - A Handbook for Loving Parents*, Revised Edition.
New York: Bantam, 2000. Print.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. Explain the impact of positive touch with infants in terms of growth and development, bonding and attachment, human anatomy and physiology, stress management, self-esteem, and overall health and well-being,
2. examine and recognize that external pressures create challenges and stress on infants and caregivers,
3. demonstrate appropriate infant massage techniques,
4. facilitate positive interactions between caregivers and infants,
5. demonstrate a sensitivity to diversity in caregivers and infants, maintain a safe, developmentally appropriate environment for infants conducive to positive touch and massage, deep relaxation, and supportive of the clear beliefs and values of families,
6. demonstrate a sensitivity to the special needs of infants and their families in a child care setting,
7. demonstrate critical thinking and college level writing skill, and
8. cite vocational opportunities in early care and education.

Course Scope and Content:

- Unit I The Benefits of Infant Massage and Positive Touch
- A. A vehicle to building relationships
 - B. Positive impact on health, growth and development
 - C. Reduces Stress
 - D. Builds Positive Self-Esteem
 - E. Improves General Health and Well Being
 - F. Supports Bonding and Attachment
 - G. Positive impact on anatomy and physiology
- Unit II Preparing for Massage
- A. Relaxing environment
 - B. Lighting and music
 - C. Caregiver relaxation techniques
 - D. Cues from the infants: engagement and disengagement
 - E. Timing and infant states of arousal
 - F. Oil and lotion
- Unit III Bonding and Infant Massage
- A. Reading infant cues
 - B. Establishing trust
 - C. Communication through skin to skin contact
 - D. Learning about your infant and child
- Unit IV Who benefits from using infant massage and positive touch?
- A. Parents
 - B. Caregivers
 - C. Foster parents and kinship caregivers
 - D. Siblings
 - E. Teachers
 - F. Infants, children, and adolescents
 - G. Foster children
 - H. Children with special needs
 - I. Communities
- Unit V Using Massage in Special Circumstances
- A. Gas and colic
 - B. Medically fragile and premature infants
 - C. Special Needs children
 - D. Children and adolescents
 - E. Foster children
 - F. Abused children
- Unit VI Massage Techniques and Approaches
- A. Swedish and Indian massage techniques
 - B. Gas and colic massage

- C. Massage for children and adolescents
- D. Gentle movements and exercises
- E. Relaxation techniques

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 3 hours per week outside of the regular class time doing the following:

- 1. Studying
- 2. Answering questions
- 3. Completing required reading
- 4. Completing written work
- 5. Skills practice

Methods of Instruction:

- 1. Films when available
- 2. Workshops
- 3. Visiting specialists
- 4. Class presentations
- 5. Reading and evaluations
- 6. Peer interactions

Methods of Evaluation:

- 1. Written assignments, including:
 - a. journal entries
 - b. self assessment inventory
 - c. reading reflections and book reviews
- 2. Skill demonstrations, including:
 - a. presentations
 - b. demonstrations
 - c. observations
 - d. field work