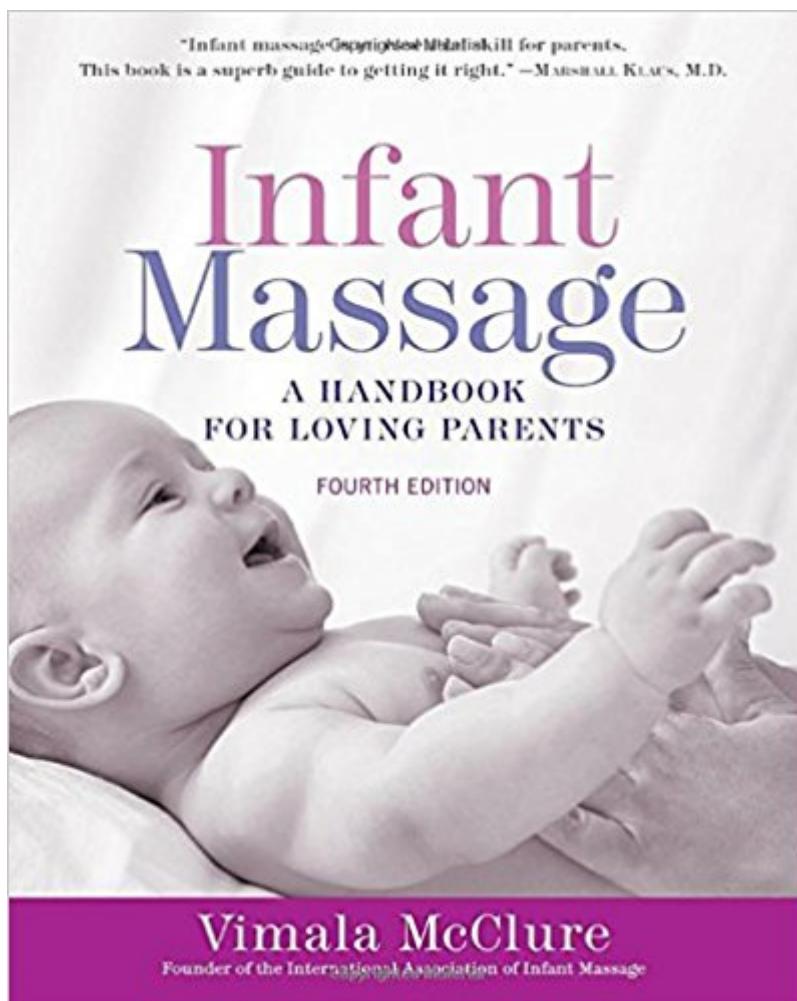


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# Infant Massage (Fourth Edition): A Handbook For Loving Parents



## Synopsis

Master the techniques of infant massage and incorporate this joyful and wonderful healing art into your baby's life with this revised and updated edition. For generations, mothers around the world have known that the soft touch of their hands soothes, calms, and communicates their love to their babies. The latest scientific research confirms that physical affection is vital to the development and wellness of children—easing discomfort, releasing tension, improving sleep, helping premature infants gain weight, even aiding asthmatic children to improve their breathing. Now Vimala McClure, founder of the International Association of Infant Massage, has revised and updated her beloved classic. Inside you'll find specific routines tailored to help relieve colic, fever, and chest and nasal congestion. easy-to-follow instructions and photographs demonstrating each step. new information on the benefits of skin-to-skin contact. instructions for premature infants and babies with special needs. lullabies, rhymes, and games to enhance the massage experience. a special chapter dedicated to fathers. compassionate advice for foster and adoptive parents. Praise for Infant Massage—Speaking as a pediatrician, the best advice I can give you is to try the techniques described in this book.—Stephen Berman, M.D., F.A.A.P., former president, American Academy of Pediatrics—What a brilliant way to love and nurture a child! The first connection between parent and child is physical, through the body; by using the techniques Vimala McClure has developed, your parental relationship will be off to a magnificent start.—Judy Ford, author of *Wonderful Ways to Love a Child*

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## Customer Reviews

Ã¢ “Speaking as a pediatrician, the best advice I can give you is to try the techniques described in this book.” Stephen Berman, M.D., F.A.A.P., former president, American Academy of Pediatrics “What a brilliant way to love and nurture a child! The first connection between parent and child is physical, through the body; by using the techniques Vimala McClure has developed, your parental relationship will be off to a magnificent start.” Judy Ford, author of *Wonderful Ways to Love a Child*

For more than thirty years, Vimala McClure has worked with parents and babies using the ancient practice of infant massage to help create warm, intuitive bonds of love in families. She is the founder of the International Association of Infant Massage and the author of *Infant Massage: A Handbook for Loving Parents*, *The Tao of Motherhood*, *A Woman’s Guide to Tantra Yoga*, and *The Path of Parenting*.

Nice book

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