

the first touch course

consists of five sessions, each lasting 1 - 1 1/2 hours. With group sizes limited to only eight families, and the same Instructor the whole way through, you will have the in-depth, one-on-one attention and time you need to get to know your baby through the unique body language, cues and signals they use to communicate with you.



one of a kind

The First Touch Program is the only one of its kind in Australia that has been extensively researched² and shown to support a baby's:

- *sleep, settling and soothing abilities
- *physical and motor development
- *confidence and self esteem
- *empathy and other social skills

gold standard

The First Touch Program is identified by medical researchers¹ as the "Gold Standard" and highest quality program of its kind. If you are a parent, of any age or from any walk of life, the First Touch Program will help you experience the benefits and joys that come from using healthy touch, infant massage, and many other forms of communication with your baby. These benefits range from improved sleep, less crying, improved confidence and independence, and a smoother transition through each developmental phase². But - perhaps most importantly - by gently helping your baby adjust to their new life you are laying the foundations for a calm, confident and connected child and, ultimately, a happy adult.

classes held nationwide

The First Touch Program is delivered by Certified Instructors who have been trained by the International Association of Infant Massage. Certified Instructors run classes nationally, in most areas of Australia.

¹ Underdown, A. & Barlow, J. (2011). Interventions to support early relationships: mechanisms identified within infant massage programs. *Community Practitioner*, 84 (4), 21-26.
² Onzawa, K., Glover, V., Adams, D., Modi, N. & Kumar, R. (2001). Infant massage improves mother-infant interaction for mothers with postnatal depression. *Journal of Affective Disorders*, 63, 201-207. Scholz, K. & Samuels, C. (1992). Neonatal bathing and massage intervention with fathers, behavioural effects 12 weeks after the birth of the first baby: The Sunraysia Australia Intervention Project. *International Journal of Behavioural Development*, 15, 67-81. Underdown, A., Barlow, J., Chung, V. & Stewart-Brown, S. (2006). Massage intervention for promoting mental and physical health in infants aged under six months. *The Cochrane Library*, Issue 6. Underdown, A., Barlow, J. & Stewart-Brown, S. (2010). Tactile stimulation in physically healthy infants: results of a systematic review. *Journal of Reproductive and Infant Psychology*, 28 (1), 11-29.

highest quality instructors

First Touch Instructors have completed a training that:

- *uses the only nationally accredited infant massage curriculum in Australia;
- *is the most highly recognised professional training program of its kind, endorsed by the Royal College of Nursing, the Australian College of Midwives, The Australian Association of Social Workers, The Australian Counselling Association, Occupational Therapy Australia, the Australian Association of Massage Therapists, and many others
- *has its standards monitored and maintained by the only global organisation with expertise in infant massage and touch education.
- *is delivered in over 52 countries throughout the world



The First Touch Program is for parents and carers of any baby aged from birth to 12 months. Our fully trained instructors will adapt the program to suit

the individual needs of your baby

Including if they...

- *are healthy and thriving
- *are active and alert, or quiet and laid back
- *sleep well, or find it hard to settle
- *have some additional needs*
- *were born prematurely or had a rough start to life

(*If your baby has a serious medical condition or physical disability, please do check with your Paediatrician or Specialist before attending the program).



BABY'S FIRST TOUCH

Your baby spends the first nine months of their life cuddled in the warmth and comfort of your body. Each day in the womb is spent being safely held and gently rocked from side-to-side as you walk, climb and move...even in your sleep. The rhythm of a mother's heart, and the muffled tones of the family voices are the first songs that stimulate your baby's mind.

Just as you may need time to transition from your old life to your new role as a parent, your baby also needs time and support to transition from life inside the womb to life on the outside. It should be no surprise then, that for much of the first year your baby still needs to be surrounded by the gentle touch, rhythm, smells and sounds they are so familiar with.

You can give your baby the chance to make this transition gently and happily by enrolling in an IAIM First Touch Course.

in this course you will

have the chance to learn many different ways of using massage and touch to suit your personal preferences, as well as the individual and constantly changing needs of your baby. Not only will you learn how to use massage and touch, but you will also gain confidence in using your voice, movement and other forms of communication to help soothe, settle and communicate with your little one, in the way that only you can do.

If you have a suggestion, question, compliment or complaint about the First Touch Program we would like to hear from you:

www.iaim.org.au
(02) 6262 4346
support@iaim.org.au

Certified Instructors run classes nationally, in most areas of Australia. To find your closest Instructor visit our directory at www.iaim.org.au. Alternatively, please contact us on (02) 6262 4346 or support@iaim.org.au

YOUR LOCAL FIRST TOUCH INSTRUCTOR IS:

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THE FIRST TOUCH PROGRAM™



A FIVE-WEEK PROGRAM

that is as unique as you and your baby



The International Association of Infant Massage, Australia is a not-for-profit charity organisation. All donations of \$2 or more are fully tax-deductible.

