



The International Association of Infant Massage

## INSTRUCTOR TRAINING



[www.childways.co.uk](http://www.childways.co.uk)  
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The IAIM's vision is to see the ancient art of infant massage become part of modern-day parenting practice. This Programme is for babies from birth - 1, or until 7 if the child has additional needs.

The International Association of Infant Massage is the leading provider of infant massage in more than 70 countries. The organisation was founded by Vimala McClure, author of the book 'A Handbook for Loving Parents', who learnt about the wonders of infant massage whilst working in India during the 1970's. Even in the most poverty stricken areas she saw mothers' pleasure in massaging their babies, and how the positive touch of massage allowed these babies to experience and appreciate love and a feeling of security. Vimala's vision is that infant massage will become a parenting tradition throughout the world.

The IAIM specialises only in infant massage. The UK has its own IAIM Chapter who are dedicated to the support of their instructors. Membership for the first year is included in any training fees and covers:

- Regular newsletter 'Touch Matters'
- Regional support & networking opportunities
- Access to Stroke Refreshers & Training Course Refreshers
- Access to CPD Days, eg babies born prematurely
- Regular updates
- Client referrals



# TRAINING CONTENT

## **THEORY:**

- History of Infant Massage & of the IAIM
- Benefits of Infant Massage, attachment theory & research
- Infant behavioural states, crying & cues
- IAIM massage strokes; Colic Routine, Touch Relaxation & Gentle Movements
- How to adapt massage for the growing child
- Additional Needs, Adoption & Foster Care, birth - 7 years
- Understanding the needs of babies born prematurely
- Communication, group facilitation & lesson planning
- How to empower parents, encourage their expertise & confidence
- Marketing of the IAIM classes

## **PRACTICAL:**

- Parents & babies are invited to attend days 2,3 & 4 for an hour's infant massage class. This allows students to both observe the Trainer lead one session, & to teach an element of the class on days 3 & 4.

## **TRAINING REQUIREMENTS:**

- Attend the 4 day training
- Complete an assignment
- Submit 5 Parent Evaluations
- Sign the IAIM Agreement

## **TRAINING FEES:**

IAIM 4 DAYS TRAINING      £545 per delegate (£510 if 3 or more delegates)

IAIM IN-HOUSE TRAINING   £350 per delegate - min 10 max 20

All training fees include IAIM Manual, USB with research & handouts, Vimala McClure's 'Handbook for Loving Parents', organic oil, 1 year's membership of IAIM

Weighted dolls are separate [www.babymassage.co.uk](http://www.babymassage.co.uk)

## TRAINERS



Kate Pigeon-Owen - BA (Hons) ITEC CIMI

Kate became an international trainer in 2011. She is passionate about attachment parenting and honours the role of the parent as being the expert of their own child.

With a background in counselling and stress management she is committed to helping parents use their intuition to create a loving relationship with their children that will flourish.

Humanitarian endeavours are important to her and she feels privileged to have a continuing role working in supporting neo-natal intensive care staff and health visitors in Kenya.



Caroline Roberts - BA (Hons) PGCE ITEC CIMI

Caroline has been involved with infant massage for over 20 years, initially as an instructor before becoming a trainer in 2007. She has had the pleasure of sharing the IAIM mission statement with more than a thousand instructors throughout the UK, Australia and New Zealand.

Caroline's background is in the healing arts and her treatments combine massage, essential oils, roses and light frequencies. She also holds Women's Circles as part of a global movement to empower women.

## OTHER TRAININGS & WORKSHOPS

- **Wellbeing for Mothers & Babies Instructor Training**
- **Boost You - an online course to optimise your health, boost your immune system & lose weight**
- **Corporate Wellbeing contracts**
- **Menopause lectures & workshops**
- **Women's Circles**

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