

III International Congress The Child in The World Today and Tomorrow

Infant Massage

Background

Children need contact with their caregivers to grow in a healthy and harmonious way. Infant massage is a form of contact that creates unique moments between caregivers and babies, strengthens bonding, and enhances caregivers' sensitivity to the baby's body language, allowing for a more effective response to their needs. For the baby, it helps define body boundaries, promotes greater emotional stability, and consequently supports more balanced development.

The implementation of infant massage by healthcare professionals in their work settings enhances caregivers' ability to care for their baby, facilitates the relationship with the child by reducing their anxiety, and can have positive effects in pain reduction.

Objectives

1. To understand the benefits of infant massage in different contexts for children's socio-emotional development.
2. To identify the relationship between neuroscience, early-established relationships, and massage as an ancient practice of positive touch.
3. To recognize the appropriate conditions for practicing infant massage.
4. To equip participants with the skills to use infant massage as a tool in caregiving.
5. To learn appropriate techniques according to specific conditions such as colic, constipation, nasal congestion, among others.

Contents

- Benefits of Infant Massage in Different Contexts;
- Neuroscience and Early Relationships;

- *Positive Touch* – Massage as an Ancient Practice;
- Massage with Parents and Children – From the Individuality of Interaction to the Specificity of Intervention;
- The Role of Nurses in Empowering Families to Promote Secure Attachment Through Infant Massage;
- Practice of Infant Massage Techniques and Group Dynamics.

Date	June 2, 2025
Duration	4 Hours (14h00 – 18h00)
Classroom	To be announced
Course Coordinator	Prof. Isabel Bica
Course Trainers	Susana Lourenço, RN, MSc
Nº Formandos	15