



Facilitator: Tina Allen



Certified Infant Massage Teacher

This infant massage teacher certification course is presented by the Liddle Kidz™ Foundation. This professional training is for those interested in working with families by becoming a Certified Infant Massage Teacher (CIMT). A CIMT™ is an educator who teaches the art of infant massage to parents or caregivers in the presence of their babies.

Certification qualifies the student to demonstrate knowledge and skill in guiding parents and families in the practical application of infant massage. Certified Infant Massage Teachers (CIMT) instruct parents & caregivers on how to massage their children in group and private classes. This is not a hands-on-baby course. Teachers & Students use baby dolls to practice & demonstrate strokes.

This course includes the Certified Infant Massage Teacher Guide, comprehensive up-to-date course materials, a supervised parent-baby class, CIMT™ Certificate (after attending the full 3-day course, verified practicum hours, and an in-class exam) and after course mentoring from our Master Teacher.

Course Content Overview:

- The history & global use of infant massage as a parenting practice
- Infant massage techniques and methodology
- Massage Stroke Adaptations for infants with special healthcare needs, babies born prematurely, strokes for common childhood discomforts such as Colic, Gas, Constipation, Congestion and Teething
- Recognizing Infant's verbal and Non-verbal communication
- Current infant massage research and how best to stay in touch with current research developments
- Benefits for both infants and caregivers
- Teaching and facilitating skills
- Nurturing Touch for the Growing Child
- for providing classes to families of all kinds, including cultural considerations for families from varied ethnic and cultural backgrounds, extended families, stepfamilies, grandparents raising children, adoptive families, gay, lesbian, bisexual and transgender (GLBT) parents and teenage parents
- Marketing Skills and techniques for setting up and marketing successful infant massage classes
- CIMT™ Teaching Guide (provided in class)
- Supervised Practical Experience: Parent-Baby infant massage class is provided on two days of the course. On the 2nd day for the course, student participants observe the Master Teacher who will conduct the infant massage class, and on the 3rd day of the course, student participants conduct the supervised infant massage class. During this supervised session, student participants have an opportunity to conduct the parent-baby class and put their education to use immediately
- Exam – the exam is administered and graded in class to ensure full understanding of the material presented, and to give participants any additional guidance prior to completing the CIMT™ course
- After course mentoring from our Master Teacher
- Processing of CEH/CEU paperwork and certifications as applicable

Educational objectives:

- Describe infant massage and nurturing touch techniques.
- Describe the benefits of infant massage for and their families.
- Describe applications for, and where to use, infant massage.
- Demonstrate routines and adaptations for the use of infant massage therapy.
- Perform demonstration for parents on how to use infant massage.

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