



GroBrain adds value to Baby Massage

Benefits of baby massage

Infant massage is increasingly being used in the community with babies and their primary caregivers. Anecdotal reports suggest benefits for sleep, respiration and elimination, the reduction of colic and wind, and improved growth. Infant massage is also thought to reduce infant stress and promote positive parent-infant interaction.



Baby brain development

An abundance of research shows that the foundations of health and wellbeing are laid in pregnancy and the first two years of life, when the brain is developing most rapidly.

Very few parents understand the key part they play in 'wiring up' their baby's brain, through bonding and attuning to their baby's cues and cries. Better bonding means better brain development, better cognitive functioning and better behaviour.

Combining baby massage and baby brain development

Baby massage courses have been combined successfully with informal but educational sessions on how parents 'wire up' their baby's brain.

Clare Shears, a health visitor in Bridgend, has used GroBrain to help create a new antenatal and postnatal programme for parents. The aim of the courses is to deliver key messages that include responsive parenting, infant neurological development, communication and play.

The postnatal programme starts with one hour of quality parent and baby time practicing baby massage, followed by an informal but educational session based on GroBrain themes:

- Love and brain development
- Tuning in to your baby's cues and cries
- Communication and Play

The GroBrain visual aids and activities linked together the key messages and helped parents explore how they 'wire up' their baby's brain

Results of course

Over 200 families have attended either the antenatal or postnatal programme.

All evaluations have been positive, and include comments such as:

- *'I loved the fact it wasn't just baby massage but we discussed so many other things which helped me feel like a confident parent';*
- *'I learnt massage techniques and how to grow my baby's brain'*
- *'I've got much better insight into babies'*
- *'I enjoyed learning how to communicate better with my daughter and her needs.'*

Want to know more about adding brain development to your baby massage?

contact

info@grobrain.co.uk

or visit our website

www.grobrain.co.uk





More about GroBrain™

About GroBrain

GroBrain is a new range of proven interactive visual resources to use with parents and carers in antenatal and postnatal settings, either one-to-one or in groups. Based on adult education principles, the resources help parents explore topics for themselves in an accessible way.

Aims of our resources

- Increased understanding of child development, especially bonding and brain development
- Increased sensitivity to baby's cues and cries
- Increased understanding on why babies need soothing and comfort, and how this links with healthy brain development
- Increased motivation to talk, read, sing and play with their baby

Bespoke courses

Many practitioners are running antenatal or postnatal courses already. You can add our sessions to your courses, or alternatively we can help you create bespoke sessions, using GroBrain activities, that fit your particular needs.



Training

Training is needed to deliver our resources. We offer a One-Day Foundation Course on brain development, emotional regulation, attachment and attunement, for those working one-to-one with parents. The day costs £160 per person to include our popular resource pack.

If you want to deliver a GroBrain stand-alone course, additional training is needed depending on experience and prior training. Please contact us for more details.

Feedback from delegates on Foundation Day

"A well delivered training course - easy to understand and relevant to my professional role."

"Really enjoyed today learning more about how babies' brains grow."

"Visual aids excellent. Found it easy to link the theory with practice."

"Brilliant course! I have learnt huge amounts on a subject I knew very little about."

Brain development: the science

Babies' brains are not fully developed at birth. They are born with around 200 billion brain cells but there are few connections between the cells. Adult help is needed to 'wire up' the brain connections, especially the areas responsible for managing stress.

Responsive and attuned parenting builds strong attachment bonds. Children who are securely attached as infants tend to develop stronger self-esteem and self-reliance as they grow older. These children also tend to be more independent, perform better in school, have successful social relationships and experience less depression and anxiety.

If a caregiver expresses resentment or hostility towards a crying baby or leaves them distressed for longer than they can bear the brain becomes flooded with cortisol. Depending on temperament and other factors the child may become overly sensitive to stress. They are more vulnerable to depression, anxiety disorders, stress-related physical illness and alcohol abuse in later life.

Feedback from parents on courses

"I have learnt how important it is to communicate with my baby and listen and look out for her cues to 'wire up' her brain"

"More aware of her getting upset and that she can't control her emotions, I now go to her sooner to sooth her distress."

"How to keep her relaxed and interact with communication and she screams to tell me there's something wrong and I need to keep calm to help her and understand what she's trying to tell me."