

Benefits for Infants

Interaction

- Promotes bonding and secure attachment
- Encourages pre-language communication skills
- One-on-one time
- Promotes imitation
- Promotes love & respect

Relaxation

- Improved sleep
- Improves self-soothing skills
- Reduces stress levels
- Reduces hyperactivity & hypersensitivity

Relief

- Gas & colic
- Gastrointestinal discomfort
- Growing pains & muscular tension
- Psychological tension

Stimulation

- Improved language development & learning ability
- Encourages circulatory, digestive, hormonal, lymphatic, nervous, respiratory and vestibular systems

Benefits for Others

Parents / Caregivers

- Decreases stress levels
- Opportunity to meet other parents
- Decreases post-natal depression
- Stimulates lactation
- Better understanding of their baby
- Improved self-esteem & confidence
- Improved parenting skills

Family

- Improved sleep
- Decrease in sibling rivalry
- Involvement of siblings & extended family
- Increased respect
- Relaxed environment & reduced conflict

Society

- Increase in positive touch
- Increased respect & empathy
- Reduction of abuse, violence & crime
- Reduction of health costs

