

Importance of touch



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Every disability has a possibility

REG NO: 2014/004798/08

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Benefits of touch in bonding

- Enhance children's awareness of being loved, accepted and feeling safe.
- Improves sleep patterns in children
- Improve digestion and elimination in children
- Reduce fussiness for children and increase their feeling of comfort in their environment.
- Improve neurological function in children
- Increase weight gain for premature and full-term babies.
- Increase lactation production for mothers.
- Reduce postpartum depression for mothers.
- Improve relaxation for both baby, child and parents



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Importance of touch in disability

- Assisting in the development of body awareness and motor skills, as well as cognitive skills such as comparing and contrasting qualities (heavy, light, soft, hard, smooth, rough, noisy, quiet, vibrating, still) and choice making.
- Developing the tactual sense, body awareness, the use of hands and establishing bonds of trust
- Nourishing medicine for your child
- Way of communicating with your child



Every disability has a possibility

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- Develop attachment between child and parents
- Makes child feel secure
- Building of trust between parent and child



Benefits of touch towards health

- Increases cardiac output
- Promotes respiration
- Discourages lung congestion
- Helps gastrointestinal function – helps digestion and absorption of food
- Promotes growth and development



Ways to build relationship

- Talking to child
- Holding child, massaging child, stroking child
- Disabled child communicates differently than normal children.
 - Beware of over stimulating child
 - Keep daily routine consistent
 - Keep environment calm, and find what calms and relaxes your child
 - Learn to touch your child in a way that is acceptable and pleasurable to the child
 - Physical and occupational therapists is of great help for assistance and advice



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Massage your child

- What and why?
 - Gentle, rhythmic stroking of child's body with your hands as well as manipulating your child's ankles, wrists and fingers
 - Soothing strokes of your hands stimulate the production of the feel-good endorphins for child



- Benefits
 - Help child to grow and thrive
 - Strengthen attachment and bonding to the parent
 - Child is more relaxed and doesn't get upset as easily
 - Child will cry less
 - Children will sleep better
 - May reduce how often child gets sick
 - May help stimulate child's brain development
 - Lifts the parents mood and make them feel more empowered, as well as help with parents' depression



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- Best time
 - Between feeds
 - Not when child is tired or over stimulated (before nap)
 - Good time is to do it as part of bedtime routine, after bath but before bedtime feed
 - Will help child to wind down after stimulation of the day, and become more calm and ready for sleep



- What do I need before I start a massage?
 - Room must be warm, no draughts
 - Let them lie down on a towel, and undress them
 - No distractions (relaxing music, low volume, closed bedroom door)
 - Massage oil
 - Towels for accidents
 - Clothes to dress your child in afterwards
 - Nappy changing kit
 - Can switch on humidifier and put calming oils in



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- How should I massage my child?
 - Routine pattern (same every time)
 - Warm tiny squirt of oil in your hands by rubbing it between palms of your hands
 - Gently rub oil onto your child's skin, starting with legs
 - Work your way up legs, gently squeezing their calves and thighs
 - For chest and tummy, gently place both hands flat against center of body.
 - Spread your hands to sides, as if flattening the pages of book
 - With hands flat, use your fingertips to stroke outwards in small circles
 - Keep going for as long as child seems to enjoy it

