



OXPIP

Oxford Parent
Infant Project

Parent-Baby Groups with baby massage



What are OXPIP groups all about?

Making a secure and strong relationship with your baby amid the many pressures and stresses of becoming a parent can be a difficult task.

Giving babies the experience of being heard, understood and responded to sensitively is crucial for their wellbeing both now and in the future.

OXPIP groups provide a place where we can focus on your relationship with your baby.

We create opportunities to help you get to know your baby better, for you to understand what they are telling you through both verbal and non verbal communication, in order that you can better respond to their needs.

In OXPIP groups we use different ways to support these relationships. One of these is baby massage.

Baby massage gives you, as a parent, the opportunity to spend focused time with your baby through positive touch, singing nursery rhymes and playful interaction.

Massage can help babies:

- Feel loved, respected and secure
- Feel more relaxed which can improve quality of sleep
- Learn to play
- Feel stimulated by all the senses
- Grow and develop
- Become more aware of their body
- Experience many physiological benefits including:
 - Regulation of digestive system and reduction in discomfort of colic, wind and constipation
 - Strengthening the respiratory and immune system
 - Stimulation of the circulatory system



Massage can help parents:

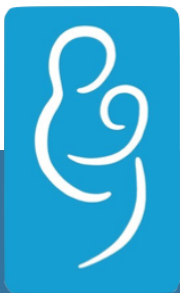
- Enhance the feeling of closeness with their baby so that their relationship may strengthen and grow
- Understand the signs and signals their baby uses, so they know what their baby is 'saying' to them
- Relax whilst having fun with their baby
- Reduce tension and anxiety as massage is relaxing for both giver and receiver
- Feel more confident about handling their baby
- Find time to play with their baby

OXPIP groups can help parents:

- Get to know other parents with young babies
- Share their new experiences
- Learn a wonderful new skill that they can share with their baby
- Have a break from their daily routine



“ *The group was fantastic at helping me connect with my baby and with reinforcing the bond between us. Massaging and singing during massage was something new for me but I can see the positive impact on both myself and my baby* ”



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