

Case Study 1: Seren

Seren came to the first class really excited to spend some quality time with her new baby, but worried that she would cry the whole way through. She said she's a very miserable baby and she doesn't know what she's done wrong. She was quite tearful as she shared with the group that although she felt she did everything she was supposed to do during pregnancy, for some reason, she was just an unhappy baby. At the first session Seren was really concentrating but seemed nervous that her baby would cry and disturb the session. She didn't cry once. Week 2 we focused on the tummy massage and baby was less relaxed. She reported back at week 3 that after the session her baby had opened her bowels at home and slept really well. On week 3 she was so much more relaxed and was able to participate in the entire session. Her technique was perfect, she had loads of smiles and eye contact with her baby and she appeared very confident. At the end of the session, during a group discussion, about the benefits of infant massage, Seren said that she had been on the verge of a breakdown because of her baby's inconsolable crying. She explained that because she had been unable to settle her baby, she thought she was a bad mum. She said that the course had taught her to bond with her baby and make her feel happier, ease her pain and relax them both. This seemed like a real breakthrough and the whole group was really proud of her. She massaged her baby to sleep in the final class and she was beaming with pride. She felt the skills she was learning had empowered her to help relieve her baby's pain and relax her.

Seren particularly enjoyed the guided relaxation at the end of week 5. She was able to close her eyes and focus on relaxing her entire body whilst her baby relaxed near her. Seren would like to join other courses if I run them and said she will continue to massage her baby regularly at home.