



# COURSE OUTLINE

## CERTIFIED INFANT MASSAGE INSTRUCTOR TRAINING



[www.iaimaustralia.com](http://www.iaimaustralia.com)

## ABOUT THE INTERNATIONAL ASSOCIATION OF INFANT MASSAGE (IAIM)

# Our international story

**The IAIM is the first, most respected and professional global infant massage association. and internationally recognised as an early intervention parenting programme. A baby's first language is touch and infant massage contributes to a strong bond and secure attachment between baby and parents.**

The IAIM Programme helps to promote the secure, loving environment that is essential for every baby's healthy growth and development. The lifelong benefits of nurturing touch for babies and parents can help create more caring communities.

### **Our Founder**

The IAIM was founded in 1986 in the USA by Vimala McClure and was the first such global organisation.

Although infant massage has existed for centuries in many cultures around the world, Vimala McClure was the first to create a professional programme. Its theory, curriculum. and focus are unique and have been carefully developed and refined through research and practical experience.

The IAIM symbolizes a unity of people seeking to support nurturing touch between parents and babies. IAIM distinguishes itself by working internationally, across cultures. Today, the IAIM is an ever-expanding association with instructors in nearly 100 countries worldwide.

### **IAIM Mission**

Its mission is to promote nurturing touch and communication through training, education and research so that parents, caregivers and children are loved, valued and respected throughout the world community.

## BENEFITS OF INFANT MASSAGE

Our program involves many different styles of touch, movement, interaction and communication.

Both research and anecdotal evidence from families have shown that there are many ways that babies and families may benefit from infant massage. They can be grouped into four categories: Interaction, Stimulation, Relief and Relaxation.

INTERACTION	STIMULATION	RELIEF	RELAXATION
<ul style="list-style-type: none"><li>• Promotion of bonding and secure attachment</li><li>• Verbal/non-verbal communication</li><li>• Development of trust and confidence</li><li>• Undivided attention</li><li>• Feelings of love, respect and being valued</li></ul>	<ul style="list-style-type: none"><li>• Circulatory and digestive systems</li><li>• Hormonal and immune systems</li><li>• Coordination and balance</li><li>• Learning and concentration</li><li>• Muscular development and growth</li><li>• Mind and body awareness</li></ul>	<ul style="list-style-type: none"><li>• Gas and colic</li><li>• Constipation and elimination</li><li>• Growing pains and muscular tension</li><li>• Teething discomfort</li><li>• Cramps</li></ul>	<ul style="list-style-type: none"><li>• Improved sleep patterns</li><li>• Increased flexibility and muscle tone</li><li>• Regulation of behavioral states</li><li>• Being calm and being able to calm themselves</li><li>• Reduction in stress hormones</li></ul>

## INTERNATIONAL CERTIFICATION

# Become a Certified Infant Massage Instructor.

By training with our highly respected organisation you will join a world wide network of Certified Infant Massage Instructors offering a supportive environment to teach a life-long parenting skill.

<b>IAIM INSTRUCTOR TRAINING</b>	Internationally recognised Vimala McClure training programme, is delivered by IAIM certified trainers worldwide. Our trainers have in common passion, and commitment to this work for many years, keeping high level of standards in all visited countries, ensuring continuity of philosophy.
<b>KNOWLEDGE BASED</b>	IAIM Instructor training's 15-point core curriculum focuses on parent-baby class facilitation, adaptation to child development (birth to 1 year) to promote infant secure attachment experiences. Adaptations for babies with additional needs, babies born prematurely and the growing child are also part of the curriculum.
<b>EXPERIENCE</b>	During the training there are three sessions with parents and their babies. One session is led by the trainer for students to observe and the other two provide the students with a wonderful opportunity to experience facilitating part of a class with the support of their fellow students.
<b>CONFIDENCE</b>	Through a Certification process post-training, you will develop your 5-session infant massage classes with parents in your community or agency and complete an open-book exam to get qualified as Certified Infant Massage Instructor (CIMI)* supported at all time by your trainer.
<b>INSTRUCTOR MARKETING KIT</b>	As part of your training, you will need to teach five families. The IAIM Marketing Instructor Kit allows you to provide the parents with educational materials for them to take home.
<b>AFTER TRAINING, WHAT WILL YOU BE ABLE TO DO?</b>	<ul style="list-style-type: none"><li>• You will become an IAIM member to receive your chapter's support.</li><li>• As trained instructor (educator) you will work first at your certification.</li><li>• You will be able to teach parents and families in private, group, hospital and agency settings with full IAIM recognition of your professionalism once certified.</li><li>• In addition to teaching parents, you will be qualified to present information about infant massage in your community, conduct in-service programs, present at professional conferences and participate in research studies.</li></ul>

# INSTRUCTOR TRAINING DELIVERY

## Certification process

In order to qualify as a Certified Infant Massage Instructor (CIMI) students have to:

### Training



Attend the IAIM instructor training course online.

### Teaching



Once you have completed the online training, you will be required to teach five families over 5 weeks

### Exam & evaluation



After completing the teaching of the five families, submit your written exam and parents evaluation forms

### Qualification



You will be qualified as an IAIM Certified Infant Massage Instructor

## IAIM INTERNATIONAL TRAINERS

# Meet our trainers



**Margo Kilborn**  
IAIM Trainer and IAIM President

Mother of three sons , grandmother to twelve grandchildren of which there are a set of triplets.

Blessed with a rich family life this compassionate lady has spread her magic around the globe. A giant amongst peers, Margo takes the bond between parents and their infants to another level leaving her indelible mark on those that attend her presentations.

Nominated for South African of the year for her tireless work teaching incarcerated mothers in South African prisons, Margo commenced her journey with IAIM in 1999 where in no time she qualified as an IAIM Instructor and after years of dedication achieved the status of IAIM International Trainer in 2004.

Along the way Margo's achievements were unrelenting, she qualified as a Doula, immersed herself into a deeper understanding of post natal depression. She worked with the creators of the Dunstan Baby Language concept and introduced that into International teaching programs.

Margo's involvement with IAIM earned her a position on the Board where she served in various capacities earning her the respect of Board members and colleagues around the world.

In 2012 Margo was appointed International President, a position she has filled with distinction ever since. Margo's many media engagements on TV, Radio and various publications platforms in the USA, Asia and Africa has played a major role in seeing IAIM flourish in over 70 countries around the world.



**Gail Bovenizer**  
IAIM Trainer

Gail has a passion for working with parents, babies and children starting her career 23 years ago when she studied to become a massage therapist. Since then Gail has trained in many different fields specialising in Pregnancy, Birth and Beyond and helped 1000's of parents start their new journey into parenthood.

As a mum of twin girls born at 27 weeks' gestation, she knows the hardships of becoming a new parent and the emotional rollercoaster it can put you on. She feels more than ever in these busy times, new parents need to find their tribe to ease the process.

To reach more parents and babies, she trained to become a trainer with the International Association of Infant Massage in 2010 and has trained 100's of new instructors in Ireland and England with many different organisations reaching far and wide.

Gail has pioneered many of her services in Ireland, being one of the first to offer classes and services in the Dublin area, starting the Irish Chapter of the International Association of Infant Massage, Baby Massage Ireland and the first to offer Placenta Encapsulation in Dublin as well as Baby and Toddler Yoga.



## TRAINING FEES

# Infant massage training instructor

Online training: AU\$1250

Fees include:

- Enrolment
- Course materials
- Demonstration Doll
- Instructor Marketing Kit

Following the training the IAIM offer continuing professional development and support through:

- A year's Membership of the IAIM, plus continued Membership for an annual fee
- Regular educational study days and course refresher days
- A biennial International Conference
- Trainer led massage stroke refresher sessions
- Access to news, research and other resources on the IAIM Members website
- Support from your course Trainers and Australian Chapter

Payment plan option

We offer plans for students allowing them to make weekly payment instalments.

To secure a place in the course, we require a deposit of \$250.

Contact us at [info@iaimaustralia.com](mailto:info@iaimaustralia.com) for more information.



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of dedicated Infant Massage Instructors worldwide.

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