

Touch-Learn International Limited

Infant Massage Teacher Programme



Unlock the Power of Infant Massage

The **Touch-Learn International Infant Massage Teacher Training Programme** is a highly regarded course designed for professionals working with parents and babies. As a leading perinatal intervention, this programme promotes **positive parenting, strengthens early relationships, and enhances professional practice** in community and healthcare settings. This qualification is ideal for **family support workers, health professionals, therapists, and others interested in supporting parents and babies.**

Why Train as an Infant Massage Teacher?

By becoming a qualified infant massage teacher, you will:

- ✓ **Support and empower parents** with essential parenting skills
- ✓ **Improve mental health outcomes**, including post-natal depression
- ✓ **Strengthen parent-infant bonding** and early communication
- ✓ **Enhance your professional skills** as a health or family support worker
- ✓ **Make a lasting impact** on families and communities

Infant massage is a proven technique that supports **early communication, secure attachment, and holistic development** for both infants and their parents.

What You Will Learn

Our **comprehensive training** covers both theoretical and practical aspects of infant massage. Topics include:

- Massage techniques and a step-by-step baby massage routine
- Teaching strategies for group and one-to-one sessions
- Supporting and empowering parents
- Recognising **infant behavioral cues and early communication**

- **Bonding and attachment theories** in relation to infant massage
- The **emotional and physiological benefits** for infants, and parents
- **Anatomy and physiology** related to infant massage
- Relaxation techniques to enhance sessions
- Contraindications and safety precautions
- The role of **music, movement, and rhyme** in infant development
- Choosing **appropriate oils for infant massage**
- Professionalism and health & safety guidelines
- Marketing yourself as an infant massage teacher
- Writing Infant Massage Protocols (for health professionals)
- Adapting massage techniques for **special circumstances**
- Study skills to help you successfully complete the programme

Course Structure

Our structured **five-day training programme** consists of:

PART ONE:



Three consecutive days of in-depth practical and theoretical training

Independent Study Period (Approx. 16 Weeks):



Time to complete **practice teaching sessions and written assignments**

PART TWO:



Two final days focusing on advanced massage techniques, special circumstances, and practical assessment

Who Can Apply?

This programme is open to anyone **currently working with, or interested in supporting, parents and children**. No prior experience in massage therapy, child development, or facilitating parental classes is required – we provide all the necessary training.

Your Qualification

Upon successful completion, you will be awarded the **Touch-Learn International ‘Qualified Infant Massage Teacher’ (QIMT) professional certificate, and logo**. This qualification allows you to use **QIMT** after your name.

! Note: This course **does not** entitle you to train other professionals to become baby massage teachers.

Accreditations

This qualification is **approved by the Complementary Therapists Association (CThA) and Wellbeing Insurance**. Check with your professional body to see if CPD points apply.

Course Fee & What’s Included

 **Investment:** £695 per person

Your training package includes:

- ✓ **Five days of expert-led training**
- ✓ **Tutor support throughout the course**
- ✓ **Comprehensive handbooks**
- ✓ **Full assessment process**
- ✓ **All resources for teaching parents (provided free)**
- ✓ **Sample oil and a canvas doll bag**
- ✓ **Ongoing support beyond course completion**
- ✓ **Exclusive member updates and regular newsletters**
- ◆ **No hidden costs – everything you need is included!**

Each participant must bring a semi-weighted, soft-bodied doll the size of a **3-4-month-old baby**  **Recommended supplier:** Touch Needs

In-House Training Option

We offer **in-house training** for groups of **six or more**. Contact us for more details and pricing.

About Touch-Learn International Ltd

Touch-Learn International is a **leading training provider** specialising in **positive-touch and communication programmes** that benefit children, parents, and communities. Our experienced trainers ensure that all students receive **personalised support in a welcoming, inclusive, and collaborative learning environment**.

We are committed to helping our students **before, during, and after** their training journey.

Ready to Start Your Journey?

 **Contact:** Jo Briley at **01889 566222**

 **Email:** jo@touchlearn.co.uk

 **Website:** www.touchlearn.co.uk

Secure your place today and **become a Qualified Infant Massage Teacher!**

