

Your Prenatal Consult will teach you many ways to enhance bonding and attachment with your new baby while minimizing stress and overstimulation.

Topics include:

1. The importance of bonding and attachment in early infancy
2. Brain and sensory development during early infancy
3. The importance of touch in promoting healthy brain and sensory development
4. Kangaroo Care - why it's important for ALL babies
5. Minimizing the stress of daily caregiving such as diaper changes and baths for a healthy, happy baby and family!
6. Abdominal massage techniques to aid in the prevention and relief of digestive issues

**Carolyn Guenther Molloy,
LMT, CIMI**

is a Licensed Massage Therapist and Certified Infant Massage Instructor with over 20 years' experience working with babies and families. She is the Director of the Tender Touch Program in the Neonatal Intensive Care (NICU) at St. Luke's Hospital in Kansas City, Missouri, and trains nationally.



Csmolloy210@gmail.com

www.InfantMassageOnline.com
or call 816-931-0654

Your Prenatal Consult will take place in either Carolyn's Brookside home or your own (mileage charge applies) and will last approximately one hour. \$85 fee includes a 30-minute infant massage instructional DVD.

**First Impressions...
Lasting Impressions**

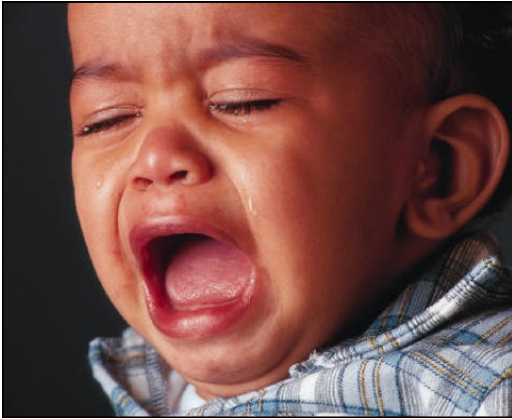
"Nurturing Your Newborn"

Prenatal Consult



"Because you don't get a second chance to make a first impression"

Our Stressed Babies!



A baby born today is no different than a baby born 100 years ago. What *is* different is the pace of life and the environment of today's newborn. As a result, we are now beginning to see many stress related problems in infants that are similar to those experienced by adults.

The Late Preterm (34-37 weeks' gestation) and the Term Newborn are particularly vulnerable to the stresses of our modern day world and lifestyle.

Common complaints for newborns often include:

1. Colic
2. Reflux
3. Inconsolable crying
4. Sleep disturbances
5. Digestive problems
6. Failure to thrive
7. Weight gain issues

While there are many factors that can cause these problems, all of them are exacerbated by stress and can be relieved by simply teaching parents how to provide nurturing, relaxed caregiving to their newest family member.

"You don't get a second chance to make a first impression"



While this is not *entirely* true with your baby, it makes sense to get as much information as possible *before* you deliver to give your baby the best start in life.

It is recommended that you book your prenatal consult 6-8 weeks before your baby's expected due date.