

ITEC Unit 57 Infant and Child Massage

Recommended guided learning hours – 50

Unit 57 Infant and Child Massage	
Learning outcomes	Underpinning knowledge
1) Understand and explain the history and concept of Infant and Child massage	To include: • Cultural differences • Benefits for different cultures
2) Understand and explain the benefits of Infant and Child massage	To include: • Relaxation • Improved sleep pattern • Reduced discomfort • Aid digestive problems • Aid respiratory problems • Aid immune problems • Enhanced feeling of security • Increased bonding between infant and parent
3) Understand and explain the structure and function of infant/child's anatomy and physiology	To include: • Skeletal development • Development of teeth • Muscular development • Infant/child's skin and tissues • Neural development • Cardiovascular system • Digestive system • Urinary system • Respiratory system • Reproductive system • Immune system
4) Understand and explain the development stages from birth to 5 years old	To include: ♦ Physical development • Gross motor skills • Fine motor skills ♦ Psychological development
5) Understand and explain the sleep patterns and states of the infant/child	To include: • Sleep patterns in infants • Sleep charts • Sleep behaviour • Deep sleep state • Light sleep state • Drowsy state • Quiet alert state • Active alert state • Crying • R.E.M • Teething
6) Understand and explain the importance of identifying colic	To include: • Signs • Symptoms • Causes
7) Understand and explain the different styles of parenting	To include: • Positive relationships • Family environment • Poor parenting skills • Social issues • Positive approach to good parenting skills • Raising parental esteem
8) Understand and explain the possible effects of depression of the mother	To include: • Baby blues • Postnatal depression (PND) • Infant/child sleep problems • Possible difficulties in bonding
9) Understand and explain the appropriate legislation applicable to massage treatment	To include: • Any particular rights, restrictions and Charters • Legal framework related to people and settings with which the practitioner is involved, e.g. Mental Health Act, Children Act • Moral rights which are not recognised in Law • Organisational policies and how they may differ from other organisations (when working in care) • Records which the practitioner is responsible for completing in relation to rights and responsibilities • Any relevant complaints systems and methods of access (when working in care) • Awareness of voluntary regulatory groups where they exist, i.e. General Council for Massage Therapists (UK only)
10) Understand and explain the issues surrounding 'consent' to treatment	To include: • Importance of obtaining consent from the parent/guardian • Current debate surrounding the issue of consent and the ways in which it may differ between various practitioners • Meaning of informed parent/guardian consent and the guidance given by the practitioner's professional body,

	<p>particularly where there is a need for written consent</p> <ul style="list-style-type: none"> • Methods of obtaining consent and how to confirm that the parent/guardian has been given sufficient information on which to base their own judgement • Ensure that agreements are in the infant's best interests
11) Understand, explain and demonstrate methods of consultation with the parent/guardian	<p><i>An example of a consultation form is enclosed within the syllabus</i> Students should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the parent/guardian (no barriers between themselves and the parent/guardian) • Good communication skills (asking open rather than closed questions) • Trust • Professionalism, confidence and enthusiasm • Professionally informing the parent/guardian of restrictions of treatments, e.g. contraindications • Ensuring parent/ guardian is not alarmed in any way • Confidentiality • Consent (see notes on consent) • Any contraindications to treatment (as listed below) • Infant/child's routine • Importance of planning a treatment programme bearing in mind the parent/guardian's religious, moral and social beliefs • Determining the nature and extent of the parent/guardian's needs • Agreement to the course of action • Ascertain the parent/guardian's consent to the treatment • Explanation of any possible side effects to the treatment • Explanation how the programme will be evaluated and the review process • Where applicable clarify with the parent/guardian information which may be available to other, e.g. relevant health care workers • Obtain the parent/guardian's signature
12) Understand and explain the bond with the infant/child	<p>To include:</p> <ul style="list-style-type: none"> • Emotional development of the infant/child • Bonds of affection • Bonds with the family • Holding • Containment • Swaddling • Self-calming techniques
13) Understand, recognise and explain common ailments and contraindications to massage	<ul style="list-style-type: none"> ♦ Contraindications requiring medical referral or the parent/guardian to indemnify their condition in writing prior to the treatment • Recent operation/surgery • Congenital heart condition • Congenital dislocation of the hip • Spastic conditions • Dysfunction of the nervous system • Epilepsy • Asthma ♦ Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Recent fractures, sprains and swelling • Recent haemorrhage • Jaundice • Meningitis • Childhood leukaemia • Diarrhoea and vomiting • Osteoporosis/ brittle bones • Skin disorders • Recent immunisation (minimum 48 hours) • Inflammatory skin conditions • Skin allergies • Cuts and bruises • Unhealed navel • Infantile seborrhoeic dermatitis (cradle cap)
14) Understand, explain and demonstrate appropriate client care	<p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the parent/guardian • Cleanse the feet with a medi-wipe or similar • Wash own hands • Keep ensuring that the infant/child is comfortable and warm • Use appropriate supports where necessary • Adapt the massage techniques to suit the needs of the infant/child • Remove the massage medium at the end of the treatment • Ensure the infant/child feels secure throughout the massage

15) Understand, explain and demonstrate the correct hygiene procedures	<p>To include a definition of the following terms:</p> <ul style="list-style-type: none"> • Septic • Antiseptic • Disinfectant • Sterile • Cross infection • Sterilisation • Aseptic • Bactericide • Bacteriostat • Fungicide • Fungistat • Pathogenic • Non-pathogenic • Toxins • Hygiene • Bacteria • Fungi • Viruses and infestations with examples • Awareness of blood born diseases – HIV/AIDS, Hepatitis A, B and C • Describe the most efficient form of sterilisation in the clinic • Describe the best form of waste removal in the clinic (particularly when contaminated) • Reasons for good personal hygiene • Wash own hands • Wipe the infant/child's feet • Use clean towels for each infant/child • Put couch roll on top of towels • Wear clean professional work wear • Socks/tights and full flat shoes • Remove all jewellery (except wedding band and stud earrings on therapist) • No nail enamel • Clean short nails • Hair tied back off collar and face
16) Understand, explain and demonstrate any precautions to be taken during the massage	<p>To include:</p> <ul style="list-style-type: none"> • Timing the massage • Age of the infant/child • Time of day • Feed times • Sleep times ♦ Areas requiring caution when massaging infant/child • Front of neck and throat • Orbital area • Back of neck • Spine • Axilla • Front and back elbow • Brachial region (upper arm) • Upper lumbar (over kidney area) • Umbilical area • Femoral triangle • Popliteal fossa • Inguinal area
17) Understand, explain and demonstrate the appropriate massage support	<p>To include:</p> <ul style="list-style-type: none"> • Couch • Floor • Lap • Bed
18) Understand, explain and demonstrate the effects and benefits of the appropriate medium for treatment	<p>To include:</p> <ul style="list-style-type: none"> • Calendula oil • Grapeseed oil • Cream
19) Understand, explain and demonstrate the classical massage movements and their physiological and psychological effects	<ul style="list-style-type: none"> • Effleurage • Petrissage • Frictions • Movements should be performed correctly and on areas appropriate for the movement • Movements should be adapted to produce a massage suitable for the infant/child's needs
20) Understand and explain the structures to be worked over and their function	<p>To include:</p> <ul style="list-style-type: none"> • Skeletal system • Muscular system • Skin and tissues • Nervous system • Cardiovascular system • Digestive system • Urinary system • Respiratory system • Reproductive system • Immune system
21) Understand and explain the importance of referral procedures	<p>To include:</p> <ul style="list-style-type: none"> • Only working within the realms of their own expertise as an infant/child massage therapist ♦ Demonstration of an understanding of when an infant/child should be referred to either • GP • Counsellor • Other complementary therapist • Member of the social care or nursing team
22) Understand and explain the possible reactions to treatment	<p>To include:</p> <ul style="list-style-type: none"> • Increased micturition • Increased defecation • Altered feeding pattern • Altered sleeping pattern • Contentment
23) Understand and explain the importance of giving appropriate homecare advice after treatment	<p>To include:</p> <ul style="list-style-type: none"> • Healthy eating • Plenty of fluids • Fresh air for parent/ guardian and infant/ child • Avoid direct sunlight • Ensure the infant/child is kept warm • Allow the infant/child to sleep or relax • Generally helping parent/guardian and families to identify

	<p>options to improve infant/child's health and social wellbeing in terms of massage treatment</p> <ul style="list-style-type: none"> • Helping parent/ guardian and families to put choices into action • Monitor the infant/ child's response to the massage
24) Understand, explain and demonstrate how to adapt the massage to special needs	<p>To include:</p> <ul style="list-style-type: none"> • Newborn • Premature infants
25) Understand and explain how to deal with First Aid emergencies in the clinic (candidates are advised to take a St. Johns Ambulance or Red Cross First Aid Certificate)	<p>To include:</p> <ul style="list-style-type: none"> • General contents of a first aid box and it's importance • Necessity for an accident book and its contents ♦ Correct first aid procedures for the following: • Fainting • Burns/scalds • Epileptic fit • Bleeding • Asthma attack • Nose bleed • Unconsciousness • Choking • Hiccough • Cessation of breathing • Insect stings • Hyperventilation • Recovery position • Knowing how to call for medical assistance

ITEC Unit 57 Infant and Child Massage Evidence of Treatments	
<p>Evidence of treating 5 clients twice each for full body massage and outcomes recorded.</p> <p>These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner</p>	<p>To include:</p> <ul style="list-style-type: none"> • Consultation • Medical history • Reasons for treatment • Treatment details • Feedback on how the child reacted during and after the treatment • Aftercare/home care advice <p>Treatments should be evidenced through the consultation form. See www.itecworld.co.uk for a sample consultation form and evidence of treatments guidance form.</p>