

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

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

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

## ITEC Unit 57 Infant and Child Massage Evidence of Treatments

Evidence of treating 5 clients twice each for full body massage and outcomes recorded.

These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner

To include:

- Consultation
- Medical history
- Reasons for treatment
- Treatment details
- Feedback on how the child reacted during and after the treatment
- Aftercare/home care advice

Treatments should be evidenced through the consultation form. See [www.itecworld.co.uk](http://www.itecworld.co.uk) for a sample consultation form and evidence of treatments guidance form.