



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Internato per il Massaggio Infantile

2021-2-I0102D906

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#### Aims

The course will provide students with the necessary skills to perform massage on the newborn. Chest, dorsal, limb and face / head massage techniques for neonatal well-being will be shown. Moreover at the end of the course the student will know the benefits that the massage brings both on physical and on relational wellbeing

#### Contents

The purpose of this training is to learn how to perform the newborn massage, aimed to promote its well-being and contact with the mother

#### Detailed program

The student will know how to massage the chest, back, limbs and head / face of the newborn. The student will experiment techniques on the dummy and will learn the physical and relational benefits associated with the massage

#### Prerequisites

none

#### Teaching form

Lectures, practice exercises and group work

Due to Covid 19 emergency, lessons will be held via recorded online classes.

### **Textbook and teaching resource**

PAIRMAN, TRACY, THOROGOOD PINCOMBE. Midwifery. Preparation for practice, Elsevier, 2015, 3rd edition .  
E-book

### **Semester**

1-2 semester

### **Assessment method**

attendance

### **Office hours**

on appointment

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