UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Training in Infant Massage

2425-2-I0102D906-T1-T5

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 and interactive lessons with practice exercises and group work

Textbook and teaching resource

S.Pairman, S. K. Tracy, H. Dahlen, L. Dixon, P. Peart, B. Pulis, Midwifery Preparation for Practice, Elsevier Health Sciences, 2023, 5nd edition.

Semester

1-2 semester

Assessment method

attendance

Office hours

on appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | GENDER EQUALITY