



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Infant Massage 2

2526-2-I0102D916

Aims

Knowledge and understanding

To acquire knowledge of the principles and techniques of neonatal massage, with particular attention to both physical and relational aspects. To understand the benefits that massage provides to the newborn, both physiologically and emotionally.

Applying knowledge and understanding

To apply neonatal massage techniques in practice, adhering to the necessary guidelines and precautions to ensure the newborn's safety and well-being. To use massage as a tool to promote the baby's physical and relational development.

Making judgements

To autonomously assess the appropriateness and methods of applying massage based on the specific needs of the newborn and the relational context, considering the physical and emotional conditions of both the baby and the family.

Communication skills

To communicate effectively with parents and caregivers to explain the benefits of neonatal massage and provide clear, reassuring instructions on how to perform the massage. To foster a trusting and collaborative relationship during the execution of the technique.

Learning skills

To develop the ability to update and expand knowledge and skills related to neonatal massage through practice, research, and participation in training courses.

Contents

Some massage techniques aimed at newborn well-being will be demonstrated: touch, friction, vibration.

Detailed program

Methods for massaging the chest, back, limbs and head/face of the infant

Simulation on a dummy of massage techniques.

Physical and relational benefits associated with 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
