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Lullaby Massage: Rhyme & Touch Massage for Infants and Children

Sybil L Hart, PhD

Hale Publishing, 2009

39 pages, illustrated, (US)\$14.95 plus world zone shipping rates, spiral bound, softcover

Orders: Hale Publishing, LP, 1712 N. Forest Street, Amarillo, TX 79106 USA

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URL: www.ibreastfeeding.com

This book, like human touch, is beautifully simple in organization, layout and format. Every phrase of a teaching paragraph begins with positive wording, to encourage and instruct the reader. Questions that readers might ask are emboldened and spaced apart from the 3-to-4 line answers.

Beacons of inspiration are cited, including Tiffany Field, PhD, who conducted groundbreaking research showing the healing impact of touch at any age and for anyone, from premature infants to the aged and from the sick to the well.

All the essentials of massage are displayed in this book. Massage is always right, anywhere, anytime. All that is required are two people and permission. One can aim for a sacred space, a sanctuary; or make that sanctuary in any space or at any time. Directions are provided. Twelve poems are titled to go with each pattern of massage. The instruction for each poem is on the other side of the fold. Each page features pen-and-ink drawings of the specific style of touch for that page. Being spiral bound, the book lays flat, making it easy to use.

A bonus, courtesy of our technological age, is the website where MP3 files of the rhymes can be downloaded. The author chants the rhymes over new-age background music. The only reservation is the introductory comment on the purpose of this work being to “help infants and children fall asleep.” There are more reasons than that to massage!

An infant massage instructor for years, I found this book to contain everything I hope to provide in my classes. It has also awakened me to other ways of teaching. I am thinking of playing my bodhran to the rhymes for my next class.

Lullaby Massage could be that special great gift for a new family.

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