



Become a Certified Infant Massage Instructor

The International Association of Infant Massage (IAIM) instructor training offers you a wonderful opportunity to support parents and primary caregivers, by helping them learn how to lovingly and respectfully communicate with their babies through massage. Discover how nurturing touch can help strengthen the bonding process as well as promote numerous other health benefits.

The IAIM was founded by Vimala McClure in 1986. Following her experience of working in an orphanage in northern India in 1973, Vimala brought the traditional practice of infant massage to the West. She has since written many books including *Infant Massage – a Handbook for Loving Parents*.

Originally founded in the early 1980s, the IAIM became an internationally established organisation in 1992. Since 1997 we have trained around 10,000 Certified Infant Massage Instructors (CIMIs) in the UK, with Instructors coming from a wide range of backgrounds.

The IAIM curriculum is being taught in more than 45 countries and has been developed and refined for over 30 years through research, reflective practice and practical experience. This has resulted in a widely endorsed and implemented parenting programme.

About the Training Programme

The IAIM 4 day Infant Massage Instructor Training combines theory from an international core curriculum as well as practical experience of learning massage strokes on a doll and teaching part of a parent/baby massage class. During the training there are three sessions with parents and their babies. One session is led by the trainer for students to observe and the other two provide the students with a wonderful opportunity to experience facilitating part of a class with the support of their fellow students.

- Our trainings are run regularly at centres nationwide. They are facilitated by experienced IAIM trainers who have been instructors for many years and have undertaken an extensive 2-year training process.
- All our trainers are trained by the IAIM thereby ensuring continuity of philosophy and training standards.
- The training programme focuses on all parents and their babies from birth to one year old. Adaptations for babies with additional needs, babies born prematurely and the growing child are part of the curriculum.
- Specific post certification education is also offered for those working with babies born prematurely.





Certification Requirements

- Attend the four day training.
- Complete a take home open book exam within 4-6 months following the course.
- Submit parent evaluation forms after teaching a five week course to a minimum of five families.

On meeting the certification criteria you will:

- Receive an International Certificate as a Certified Infant Massage Instructor (CIMI).
- Be qualified to teach parents or primary caregivers, individually or in group settings, in private or community-based groups.*
- Be able to facilitate a programme of respectful nurturing touch and communication to help support parents to have a deeper understanding of their baby's emotional and physical needs.

Continuing Professional Development

Following the training the IAIM offer Continuing Professional Development through:

- Automatic one year membership of the IAIM plus continued membership for an annual fee
- Regular study days and conferences throughout the UK
- The opportunity to attend infant massage stroke refresher sessions
- A newsletter - three times a year
- Support from your course trainer
- Support from Head Office staff and experienced instructors through an elected committee
- IAIM Members website

Training with IAIM

By training with this highly respected organisation you will join a world wide network of Certified Infant Massage Instructors offering a supportive environment to teach life-long parenting and relaxation skills.

We welcome requests for in-house training and are happy to discuss tailoring our course schedule to meet specific needs or time constraints.

Our trainers can and have delivered courses throughout the UK. Please contact the person below for details of costings.

* This is not a hands on massage qualification. You will not be qualified to train others to teach or give infant massage.

"Being a Certified Infant Massage Instructor is the most rewarding role that I have undertaken in my professional career. Working with new parents and seeing real results week on week in emotional development, personal bonding and communication within the parent-child relationships makes for a very fulfilling role. I feel I have helped many individuals by offering them the foundations for a secure and confident relationship with their babies and would recommend this training to anyone working in early-years development."

Carol Trower, Certified Infant Massage Instructor

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