

Infant Massage Lessons Consent Form

Massage therapy for an infant is not intended to replace other forms of health care—rather, it is used as a form of adjunctive health care. Potential benefits include:

Muscular / Skeletal: <ul style="list-style-type: none">• Improved posture/balance• Reduction of muscle tension that could lead to medical problems• Increased nutrient & blood flow to bones & muscles• Removal of lactic acid & carbonic acid which build up after strenuous activity• Increased/decreased muscle tone depending on what is needed• Increased/reduced joint mobility & range of motion depending on what is needed	Digestive: <ul style="list-style-type: none">• Relief of constipation• Relief of gas• Reduction in water retention• Improved absorption of food due to an increase in food absorption hormones (Insulin & Glucagon) Circulatory: <ul style="list-style-type: none">• Stimulation of blood & lymph flow• Strengthened immune system• Release of toxins held in the body	Respiratory: <ul style="list-style-type: none">• Improved breathing patterns• Reduction of respiratory problems• Relief of tension in the chest allowing the lungs to expand more fully Nervous: <ul style="list-style-type: none">• Relaxed/calmed baby• Better sleep for baby• Raised endorphin levels promoting healing• Relief from feelings of frustration & hyperactivity
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Child's Name: _____ Birth Date: _____

Caregiver's Name(s): _____

Street Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

Email Address: _____

How did you hear about our Infant Massage Lessons? Friend – (who?) _____

Internet Rack card/Business Card MD/Midwife Other _____

Emergency Contact Person

Name: _____

Relation: _____ Phone Number(s): _____ or _____

Child's Physician / Health Care Provider

Name: _____ Phone Number: _____

Infant massage has to be ALTERED if the child has any of the following:

Apnea Bradycardia Tachycardia Abdominal distention Gastrointestinal feeding tubes Hydrocephalus	Inflammations Edema Dysplasia Hemophilia Jaundice Recent surgery	HIV / AIDS Tumors Cancer Seizure disorders
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Infant massage is NOT PERFORMED if the child has any of the following:

High fever / temperature An acute infection / illness / disease A contagious skin disorder Open sores or lesions Had recent immunization (wait 48—72 hours)	Any life threatening medical condition An unhealed umbilical cord (NO local massage) Swollen lymph nodes Blood clots or other serious blood condition Diarrhea or other sickness
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Please indicate if your child has recently had or does have any of the above mention conditions:

Is there anything else about the pregnancy/childbirth, about you, or about the child, that I should know?

I, _____ (child's caregiver), understand that infant massage therapy is a form of adjunct health care only and that it is not a substitute for other health care provided by a physician or other licensed provider.

I have noted above all complications, risks, or conditions my child has experienced and I will notify Elizabeth Belfry, RMT, CIMT of any others that arise throughout the series of infant massage sessions.

Print name: _____ Date: _____
(to be filled in before submitting form online)

Signature: _____ Date: _____
(to be signed in person at first lesson)