

Pediatric Massage for ALL Children

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San Luis Obispo, CA

Learning Objectives

- 1.) Participants will identify at least 2 physiological and 2 psycho-social benefits of touch and massage.
- 2.) Participants will be able to demonstrate 3 positioning technique options for massage on a doll and/or each other.
- 3.) Participants will identify at least 3 precautions/medical considerations influencing massage for children.
- 4.) Participants will be able to discuss the outcomes of at least 2 research studies supporting the use of massage for children with a variety of health issues.
- 5.) Participants will identify at least 3 signs and symptoms of overstimulation and at least 2 modifications to massage in response to those signals.
- 6.) Participants will be able to describe 3 preparations that can be made to make the massage experience a positive one for the child.
- 7.) Participants will practice massage techniques for the legs, arms, back, abdomen, and face on a doll and/or each other.