

Massage therapy for infants of depressed mothers

Conclusion:

The infants who experienced massage therapy compared to infants in the rocking control group spent more time in active alert and active awake states, cried less, and had lower cortisol levels, suggesting lower stress. Over the 6-week period, the massage-therapy infants gained more weight, showed greater improvement on emotionality, sociability, and soothability temperament dimensions, and had greater decreases in stress neurotransmitters/hormones (norepinephrine, epinephrine, and cortisol).

Field, T., Grizzle, N., Scafidi, F. Abrams, S., Richardson, S., Kuhn, C., & Schanberg, S. (1996). *Massage therapy for infants of depressed mothers. Infant Behavior and Development, 19, 107-112.*

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