

Top 10 Tips – Choosing an International Association of Infant Massage (IAIM) trainer



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1. Always check who the infant massage trainer trained with and the quality of the training you are going to get. You could always ask to see their certification and when they last updated their practice
2. The International Association of Infant Massage (IAIM) has a 30 year track record in numerous countries across the world which is who I trained with
3. As a registered nurse (Registered General Nurse and a Registered Public Health Nurse a Health Visitor and I have a Bsc in Health Science) I have to register every year with the Nursing and Midwifery Council who are charged with overseeing the practice of nurses. As an independent health visitor I still practise under those regulations
4. I chose IAIM because it regulates its practitioners who sign up to the IAIM code of conduct
5. Every year practitioners are expected to attend training to update the strokes we use in the infant massage programme and incorporate any new research into the work.
6. This year I flew to Edinburgh to attend my update although I have to say my doll Georgiana caused a bit of a stir when going through airport security. I think they were not sure what to make of her. She is often mistaken for a real baby which causes raised eyebrows.
7. We use specially designed dolls to demonstrate the strokes which cost £60. We never massage other peoples babies even if twins or triplets arrive in the class
8. I have several dolls so that if a baby is sleeping parents don't miss out they can use one of my dolls
9. We can only use the IAIM logo and the products such as the dolls and other items if we are trained and registered with the IAIM organisation
10. Lastly the IAIM Infant Massage Training runs over several days, and you are expected to pass a written exam and be observed running classes with mothers and babies before passing. I was trained by an IAIM trainer from Canada called Slyvie who had flown over to London . There is also ongoing support from the membership and specialist Certified Infant Massage CIMIS to cover things like premature babies , fathers groups etc

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