



infant
massage
information
service

Australia's largest provider of infant massage training



Infant Massage Information Service

COURSE PROSPECTUS

Qualifications in infant massage

CERTIFICATES IN:

Infant Massage Instruction

Paediatric Massage Consultancy

Trusted by organisations including:





Training your way

You can complete your IMIS qualification by attending a 3-day face to face course, or by studying online at your own pace with individual support.

For online study, there are no set times you need to log in or be online.

We can also create a flexible hybrid study option if you prefer a mix of external study and in-class attendance.

Upcoming course dates, locations and online intake information are available at babymassage.net.au/locations

Here to help whenever you need us.

Course Content

The following content will be covered over the course for face-to-face and online study

Unit 1: Practical infant massage techniques

- The permission sequence
- Safe positioning for infant massage
- Points to remember prior to massage
- Stroke review
- Infant exercises for lymphatic drainage and flexibility
- Touch relaxation

Unit 2: Formal theory

- IMIS Methodology
- Benefits of infant massage
- Basic daily cycle of an infant and appropriate timing for massage
- Appropriate oils to use on infants and children
- Body language during massage
- Stress signals during massage
- Colic
- Contraindications
- Bonding

Unit 3: Altering techniques for special circumstances

- Massage for wind, colic and constipation
- Massage for reflux (silent and vomiting)
- Massage for children with special needs
- Touch therapy for pre-term infants

Unit 4: Considering the parents

- The importance of parent relaxation
- Post-natal depression
- Post-natal psychosis

Unit 5: Awareness and adaptations

- Newborn reflexes
- Developmental milestones
- Massage for the older child

Unit 6: Using your new qualification

- Running parent classes and introductions
- Marketing parent classes
- Class preparation
- Class strategies



Certificate Qualifications

We offer two certificate qualifications for you to choose from.

Certified Infant Massage Instructor (CIMI)

Learn how to teach infant massage techniques to parents

- Run group classes or private lessons
- Help parents relieve their child's wind, colic, reflux, and much more
- No previous qualifications required

No previous qualifications required

This course covers massage for infants, older children, children with special needs, and touch therapy for premature infants. There are no prerequisites for this certificate; training begins at basic level, so all are welcome.

You will learn about the massage techniques themselves, about related topics, such as what oil should be used for massage time, when, and how long to massage for, infant body language during massage, information on how to arrange and run group classes, private appointments and much more.

Paediatric Massage Consultant (PMC)

(This high level qualification is exclusive to the Infant Massage Information Service)

- Run classes or private lessons with parents
- Qualify to provide presentations to professional groups on infant massage
- Receive a high level qualification to add to your portfolio
- Previous experience, qualifications or training is essential

For those with related qualifications

If you have previous experience, qualifications or training that relates to infant massage, such as a massage certificate or diploma, nursing background, training in physiotherapy or other qualifications that relate to infant massage, you can apply for the Paediatric Massage Consultant (PMC) qualification.

Consultants can provide presentations to professional groups (hospital staff, natural therapists, early childhood centre staff, etc). This ensures that up to date information is available on infant massage to a wide range of health professionals who work directly with new families.

Payment Options

We accept MasterCard, Visa, internet transfer and Commonwealth Bank branch cash deposits.

Course fees must be finalised in full prior to the course.

For organisations, government departments and area health services registering individuals for training, a purchase order can be submitted to IMIS NSW Pty Ltd via email to hello@babymassage.net.au and an invoice will be issued for prepayment of course fees. Online registration is not required for students who are having course fees paid this way. For each individual attending, email their name, contact number, address and email address to hello@babymassage.net.au



www.babymassage.net.au



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Course Fees

You can choose from three enrolment packs:

Bronze for the essentials, **Silver** for essentials plus marketing materials, or **Gold** for the full resource pack with everything you need to begin offering classes straight away.

Flexible payment options are available. You can pay in full at enrolment, start with a \$200 part payment and continue with interest-free instalments, or use a 7-day invoice after your initial \$200 payment.

If you live outside Australia, an additional \$150 international student fee applies.

You can find full fee details at:

[**babymassage.net.au/fee-structure**](http://babymassage.net.au/fee-structure)

Or contact IMIS, we're always happy to help.

Touch is the first form of communication

