

■ 'Anything I can do to support other mothers in their journey is just great.' — Melinda Humphries

# Mums massage babies' blues away

By Scott Dougherty

HARRINGTON Park mum Melinda Humphries is new to teaching infant massaging but she's already seen results with local infants' health, and their parents' moods.

The trained primary school teacher now instructs parents on massage techniques to help deal with medical troubles in babies such as reflux, eczema and stiff limbs.

"There are health benefits which are great, but the emotional benefits are really important to me," she said.

"Being a mum is a hard job and anything I can do to support other mothers in their journey is just great and so rewarding."

She first heard about infant massage during her training at Gymparoo in Campbelltown.

She was struck with the benefits to babies, but also to mums and carers.

She now has weekly classes at Harrington Park Community Centre and does private in-home one-on-one sessions.

"I've seen that it has lots of benefits with sleep disorders, wind, tummy problems and reflux," she said.

"Some people specifically come to the classes for help with a certain thing like eczema or tummy trouble.

"They've all noticed benefits." Stacie Desmond of Oran Park took her son, Cooper, to Mrs



**Rub a dub dub:** Infant massage instructor Melinda Humphries (second from left) with local mums Merilyn Dobbs with son Archie, Rochelle Wooley and son Cooper, and Stacie Desmond and her son Cooper. **Picture: Anna Warr**

Humphries. The seven-month-old has eczema on his arms and legs.

"It was good, and easy to do," she said.

"Cooper liked it.

"He has eczema on his arms and legs and it helped clear them up.

"I'd recommend Melinda for sure. It helps."

Mrs Humphries encourages parents to use infant massaging, but not as a replacement for medical treatment.

"I wouldn't promote myself as a medical person, but for some things infant massaging can

help," she said. "It's something they can do at home when they learn the techniques.

"It's not only for medical conditions, but for bonding."

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