



## The RMT Working with Infants and Children

Instructed by Cindy McNeely, RMT (Trimesters)

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**Registration Deadline: 20 September 2019**

**Date:** October 5-October 6, 2019 (2-day course) **Maximum: 16 Registrants**  
**Time:** 9:00 am–6:00 pm (Lunch 12:00pm–1:00pm)  
**Location:** Atlantic College of Therapeutic Massage (ACTM)  
440 King Street (Kings Place Mall)  
Fredericton, N.B. E3B 5H8  
**Fee:** **\$355.00** (ANBMT members only) Non-Member: **\$455.00**  
**\*Fee includes: Infant Massage booklet And Trimesters Manual (to be provided by the instructor)**  
**(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)**  
**CEUs:** **7.5 Category A CEUs (CMTNB Approved)**

**Preferred room rate:** Crowne Plaza, Fredericton, NB \$146.00 + HST per night. Toll Free 1-866-444-1946  
Email: [reservations@cpfredericton.com](mailto:reservations@cpfredericton.com) or Toll Free Direct: 1-866-444-1946; Booking reference: ANBMT Group

### Course Details

This course provides the participant with a thorough knowledge-base in the provision of massage therapy and massage therapy instruction with infants and children. Upon completion of this two-day, 18-hour training, the participant will have an overview of the realities of infant life from birth through the first year; how massage can be taught to families to augment their parenting skills, how massage can be adapted for children, including those with special needs and medical issues; the potential role of the massage therapist educating families in the need for healthy and respectful touch with children. The class will be composed of theory, practice, DVDs discussion; clinical experience, and a guest speaker, when possible.

### Objectives

**The overall course objectives are to give the massage therapist a competent understanding of:**

The overall course objectives are to give the massage therapist a competent understanding of:

- Theory and practical techniques for providing infant massage to babies with an emphasis on teaching caregivers to work with their own infants using massage. As part of the training, we will be holding two clinical practicums, which will involve the participant working with parents and their baby or children. You will be asked to share posters about the free clinics throughout the Fredericton community.
- Developing a massage therapy practice to include working with children in a wellness and pediatric context.
- An introduction considering massage therapy for infants and children with special needs or medical issues. This includes discussion about massage therapy within the neonatal hospital setting and working within home and clinical settings.
- An overview of massage therapy research, as it pertains to working with infants and children.

### What to Bring

- Two 10-12 inch soft-bodied dolls or stuffed animals
- Three sheets & two medium-sized towels
- Pillow
- Yoga mat
- Lunch, snacks, water
- Each participant will be provided with the Trimester Manual and Infant Massage booklet. Trimesters will provide the booklet (it's not easy to access).

**About the Instructor**

Cindy McNeely, RMT, has been in practice in Ontario since 1985. Her teaching career in massage therapy began in 1988. In 1995, Trimesters: Massage Therapy Education was formed by Cindy and her colleague Alison Hines, RMT and now practising as a registered midwife in Ontario. Their goal was to raise the standards of perinatal massage therapy throughout Canada. Cindy's perinatal teaching has taken her to seven Canadian provinces, where she has taught as faculty for massage therapy colleges. She has also provided trainings for provincial Associations at their conferences, provided workshops within massage therapy and P.T. clinics and spas. Along with massage therapy, Cindy also provides training for RMTS as labour support and doula care for those RMTS who wish to attend births. She has worked extensively with parents, babies, and children to provide knowledge, education, and hands-on therapy for infants, children, and within pediatric situations. She created the first Canadian Level III Regional Perinatal Hospital massage therapy program, which has trained massage therapy students for over twenty-five years. The program exists within high-risk pregnancy units, labour and delivery, maternal-newborn units and the NICU setting. In 2002, Trimesters collaborated with the Atlantic College of Massage Therapy [www.actm.com](http://www.actm.com) to create the most comprehensive college-based perinatal training available in Canada—a 125-hours program devoted entirely to massage therapy during pregnancy, birth, the postpartum timeframe, and with babies and children.



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(Please print clearly)

Name: \_\_\_\_\_ RMT #: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email: \_\_\_\_\_

Status: Member  Non-member  Association: \_\_\_\_\_

Method of Payment:  Cheque  Money order  PayPal \*(Registration form must be submitted)

E-transfer (please make known your security answer by email if it is not your RMT#)

**\*No refunds will be given after the registration deadline\***

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

**Please Return Registration Form and Payment:**

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

Tel.: (506) 452-6972 Fax: (506) 451-8173 E-mail: [anbmt@anbmt.ca](mailto:anbmt@anbmt.ca)