

## OVER THE SHOULDER BABY HOLDER™



# IN TOUCH

With: DISTRIBUTORS, EDUCATORS & CAREGIVERS

CDM- P.O. BOX 635, San Clemente, CA 92674-0635 (714) 361-1089

4rd Quarter, 1991

California Diversified Mfg. Copyright © 1991, All Rights Reserved

No. 4

## WELCOME ABOARD!

We would like to extend a warm welcome to all of our new distributors from the **International Lactation Consultants Association** conference in Miami, the **La Leche League's International** conference in Florida, and the **International Childbirth Educators Association** conference in Denver. It is truly an honor having the most informed and caring people promoting our product and this parenting style we all believe in. We are thrilled to be represented in Australia, New Zealand, Africa, Germany and Canada to name a few!

## "I'M TOUCHED"

After delivery, touching your baby communicates that this is a safe supportive world. The newborn's sense of touch is its primary source of orientation to the world. It's visual ability is only accurate as far as the distance between the mother's breast and her face. The new little soul can feel the movement of the mother's body and depends on feeling the surrounding and comforting touch and pressure from the mother's holding. Simulating this touch pressure such as through swaddling is also comforting, but the coupling of the mother's movements with her touch is the most soothing, sedating sensation that the newborn will experience. The newborn who is held and carried in the cadence of its mother's rhythm experiences the oneness and bliss of the continued connection of its experience in the womb. The continuum of life in the womb is made very easy by the use of a baby carrier such as the baby sling. The baby can ride on the mother in the confines of a womb like atmosphere obtaining

touch pressure similar to the pressure felt in the womb. Babies who become used to the sling are easily comforted when distressed by being put in the sling and walked. The baby rarely cries. The bond with the mother is maintained and enhanced.

When a gas pain or discomfort comes the best comfort is again from the mother's touch. A mother will instinctively hold a baby when it cries and cuddle, walk, and rock the baby to soothe and quiet its cries. A mother's touch is ever healing. An older child will still come with a hurt for a kiss to make it better. Even as an adult when we hurt we want to return to this newborn stage to be cuddled and held in order to remember that feeling of oneness and bliss with mother. Often we can do this simply by a sympathetic touch on the shoulder, a squeeze of the hand, a hug.

As the baby begins to reach out it will first reach for the mother's face. It is the beginning of the individualization process. Touch guides movement and movement

generates exploratory touch. The baby will explore and learn to experience the world of both people and objects via touch. The perception of space and size begins with touch and is related to the visual system for a multi-dimensional perception of the world. There are emotional overtones to nearly every aspect of touch. We love the beach, the feel of the sand and the salt air. We hate slugs, the feel of the slimy creatures. On a bad day even the tags in our clothes can be irritating. How we receive touch is filtered by our emotional readiness to it. The tone is set in infancy. A child who has experienced sustained nurturing touch in infancy is ready for the challenge of becoming a separate loving exploring individual. What has been received will be given. A baby who has been touched will no doubt touch the lives of endless others.

Susanne Smith Roley M.S.  
For a complete copy, send