

# The Art of Gentle Touch®

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**Trainings for  
Professionals and  
Paraprofessionals**



Communicate Love  
through  
Gentle Touch®

Gentle Touch, Inc.  
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# When Does Love Begin?

When is the first spark of love between a parent and child? Recent research shows that a deep, tender feeling of affection can begin at various times.

For some, love starts before conception as the couple examines the role a child can play in their lives as a twosome and as a family. As these individuals ready themselves physically, mentally, emotionally, spiritually, and economically, they prepare a place for their baby in their hearts and lives.

A growing number of women and men are sharing about their awareness of the moment of conception. Maybe some individuals have always been this sensitive, or perhaps they are more readily speaking about it now. In these cases, intuitive knowledge that the baby has arrived comes like Cupid's Arrow.

Feeling the first flutter of the baby's movement can bring great delight to a mother's heart. With the advent of technology, many couples elect a "window on the womb" via ultrasound. Seeing the baby move tends to confirm the reality of the child's presence and can start the powerful bonding process.

The capacities of the baby in-utero are awesome and surprisingly many. When the baby initiates interaction, returns a pat offered on the pregnant belly, or reacts in response to the mother's thoughts, feelings and situations, parents can fondly see their baby as an individual who already participates in their world. This encourages greater intimacy and communication with their unborn.

Much has been said about the wonder of the birth experience. The sacred face-to-face and skin-to-skin meeting often elicits profound feelings of love and bliss.

Closeness for some parents begins as they care for their newborn. For most parents, this is a time for sharing special sentiments while developing and nurturing their relationship with their child.

From pre-conception through birth and infancy, parents and babies are offered many opportunities to open their hearts to each other. The elements that make positive connection possible are those involved in any strong human relationship: touch, relaxation, communication, nurturing, support, and celebration. With the addition of information (about pregnancy, birth, parenting, and child development), these are the very elements that comprise the **Gentle Touch® Program** for pregnant women, babies and young children, and families.

**Gentle Touch Inc.**, the partnership of Andrea R. Gravatt, M.D. and Emma Miller, D.Div., is an organization for professionals and parents which offers trainings and products in child development and safety, and parenting skills. Dr. Gravatt is an internationally known child advocate, pediatrician and author. Dr. Miller is an international trainer in the program she birthed in 1993. She holds several certifications, and is a program consultant, early intervention (from conception) specialist, author, and minister. The **Gentle Touch® Infant Massage Video** was jointly created in 1996.



Getting to know you...  
Getting to know  
all about you...

# *Gentle Touch*® is...

Touching is an ancient tradition and communication process. Research and clinical evidence show that loving, touching, and nurturing contact between parent and child before and after birth has a positive impact upon the parent, the child, their relationship, the child's later development, and the family.



A Way to  
Nurture  
Love

*Gentle Touch*® is a Parent-Child Program for families with children, conception to age five. Depending upon when and how it is used it is a:

**Health promotion,**

**Experiential parenting program,**

**Child abuse prevention, and**

**“High-risk” intervention.**

Holistic, medically endorsed and conservative, it is good for all families, especially “vulnerable” ones. It is offered in homes, and clinical and community settings.

- ♥ Children’s growth, health, development, and emotional well-being improves.
- ♥ Parents deepen bonding, relax, share, learn and have fun.
- ♥ *Gentle Touch*® can easily be incorporated into the child’s care and family life.

# Trainings...

Key features include mental health (prenatal, infant, child), child and family development, touch physiology and sensory integration, communication and state modulation, and a family-centered, collaborative approach. Certification options are available. Choose from:

- 1. Before You Were Born~**  
An enlightening journey into prenatal psychology.
- 2. Better Birth Outcomes: Gentle Touch® During Pregnancy~**  
Prenatal mental health based counseling; can include pregnancy massage.
- 3. Creating Closeness from the Beginning~**  
For NICU's, newborns or infants; also for parents or programs not interested in massage.
- 4. But the Baby is STILL Crying!~**  
Determine causes of vulnerability, and ways to strengthen infant resiliency and promote sensitive caregiver response.
- 5. Keys to Successful Interactions with Parents~**  
Facilitate family adaptation through effective family-centered therapeutic and supportive practices.
- 6. Cradling Love~**  
Design rituals for pregnancy, birth, welcoming and loss.
- 7. The Art of Gentle Touch®~**  
Training includes #3-5 above and the "*Touch Continuum*" for B-5.

Programs are skill-based/experiential, tailored to the participants, and include a manual. Experience with families is a pre-requisite. Agencies or individuals may sponsor trainings which are offered nationally and internationally.

♥ **Graduates consistently report that their experience has a great impact on their professional and personal lives.**

## Create Closeness from the Beginning: *Gentle Touch*®

### Contact me about:

- Sponsoring training (note training i.d. number) \_\_\_\_\_
- Consultation or program development.
- Upcoming conference or writing an article.
- Register for a training (note specific training below)

### I would like to purchase: (Check, PO, or Credit Card)

- Gentle Touch*® Infant Massage Video** (VHS) - \$19.95 + NC tax + \$5 S&H  
A wonderful way to introduce positive touch! Includes an insert with massage strokes and tips (not a substitution for in-person training).  
The only instruction infant video with:
  - ♥ An Executive Producer who is a Pediatrician.
  - ♥ Progressive strokes that can begin at birth.
  - ♥ Fathers and mothers instructing and demonstrating.
- Gentle Touch*® Infant Massage Giftset** - \$29.95 + NC tax + \$5 S&H  
Beautiful gift box with video (VHS) + 8 oz. flip top bottle of organic safflower massage oil.
- Gentle Touch*® Massage and Body Oils** (full line)  
Organic and appropriate for all ages. Select  retail or  wholesale price list.
- The Child Safety Book** - \$9.95 + NC tax + \$4 S&H  
Preschoolers + older children learn a complete health and safety lesson during a health care visit.
- The Child Safety Book on Audiotape** - \$4.99 + NC tax + \$4 S&H  
Complements the book.
- Inquire about:  Multiple unit discount  Wholesale or  PAL format for \_\_\_\_\_

\_\_\_\_\_  
Name & Title

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Organization

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Address

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Phone, Fax, and E-mail

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