



Peer Massage at Ann Bernadt Nursery School

This term we are introducing massage at Ann Bernadt. Children in the nursery will have the opportunity to massage and be massaged on their head, neck, back, shoulders, arms and hands. Massage to soft music will take place before story time/group times so that children become relaxed and receptive, ready to learn. Children in the two year old provision and children who have special educational needs will have massage as and when needed.

Please note that children will remain clothed and we do not use oils.

Benefits of massage:

- Helps to provide an open, safe and secure environment for children to grow and develop
- Gives positive touch a context
- Develops children's ability to self-regulate
- Enables children to become familiar with appropriate forms of touch and develop their awareness of boundaries
- Empowers children and practitioners, strengthening the bond between them
- Develops fine motor skills, enhancing flexibility and dexterity
- Improves circulation
- Allows children to be fully present in the moment, aiding relaxation
- Supports children in building empathic, trusting and nurturing relationships with others
- Provides a foundation for intimacy where children receive the care, love and attention they deserve
- It offers children time and space to reflect, relax and unwind

Please see the Ann Bernadt website for our Massage Policy:

<http://www.annbernadt.co.uk/>