

About the Instructor

Sukey Molloy received her Certified Infant Massage Instructor (CIMI) training from the Int'l. Assoc. of Infant Massage in 2001, and has been creating movement and music programs for children (birth to 5) since 1985. Ms. Molloy holds a Bachelor of Science degree from the State University of NY (Empire State College) in Performing Arts and Education, and is founder of PlayMove&Sing Inc. She studied Infant Development at the School for Body Mind Centering, and Development Movement with the Assoc. of Kinesensory Teaching. Her classes, guided infant touch sessions, and staff development workshops are held in Nyack, NY, and at libraries, schools and with private clients in the tri-state area. Ms. Molloy's early childhood music CDs and DVDs have received the Parents' Choice Silver Award, Preferred Choice Award, Mom's Choice Gold Award, NAPPA Honors Award, NAPPA Rising Star, and the Children's Music Web Award. She loves to create an atmosphere of joyful play and nurture with children and families wherever she goes.

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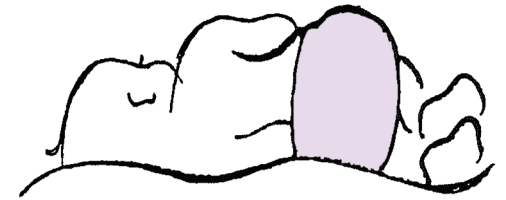
International Association of Infant Massage is a non-profit 501(c)(3) organization whose mission is to promote nurturing touch and communication through training, education and research so that parents, caregivers and children are loved, valued and respected throughout the world community.

PlayMove&Sing Inc.
P.O. Box 50, Nyack, NY 10960



Infant Massage Instruction for Parents

Communicate Your Love Through Touch



Learn to Use
Guided Touch
with Your Baby



www.sukeymolloy.com

About Infant Massage Instruction for Parents

Certified Infant Massage Instructors are parent educators who have completed intensive training and practicum work specifically designed by the International Association of Infant Massage. They are committed to helping you learn interactive communication with your baby through loving touch. Many of the massage techniques taught in these classes are being used in research studies. These studies continually demonstrate that loving touch is beneficial for well babies, babies with special needs and their parents or caregivers.

As a certified Infant Massage Instructor, (CIMI), Ms. Molloy is specially trained to have the vision that one day every parent, child and infant will have the opportunity to experience the lifelong benefits that come from early relationships that are loving, healthy and secure.

Classes at the Rockland County YMCA

Nyack, NY on Suns. 10:00-11:30am,
3:00-4:30pm, Mons. 12:00-1:30pm.

Classes are scheduled intermittently on demand. Private instruction is arranged separately.



Benefits of Infant Massage

- **Relaxes and Soothes**

Nurturing touch is a naturally rewarding way to relieve stress for you and your baby.

- **Deepens Bonding**

Essential one-on-one time that will enhance your intimacy, understanding and ability to nurture.

- **Improves Communication**

Increases your confidence and sensitivity to your baby's cues.

- **Contributes to Development**

Stimulates growth and healthy development of your baby's body, mind and spirit.

- **Empowers**

Enhances your ability to understand your baby's special needs

- **Helps Baby Sleep Better**

Helping your baby release stress, which builds daily from new experiences means more rest for baby and you; everyone feels better!

About the Program

Certified Infant Massage Instructors (CIMIs) teach classes in a series of sessions. Classes usually meet weekly for four or five weeks. Some CIMIs are also available for private instruction. Infant massage can be learned by anyone interested in having a loving relationship with babies.

Classes are designed for you with your baby from birth to pre-crawling. Classes are also offered for older infants, children and teenagers.

Our hands-on method insures that you will learn the art of interactive massage to suit your baby's individual schedule, needs and developmental level.

Certified Infant Massage Instructors are also available to present information about infant massage at childbirth education class reunions, parent support groups and other new parent gatherings.

Massaging your baby is a tactile translation of love, security and physical comfort - a dance between you and your baby. You will be using the same strokes that generations of parents all over the world have used, yet you will massage your baby as no one else can!

Learn to use Guided Touch with Your Baby!

For more information, contact Sukey Molloy, CIMI, www.sukeymolloy.com 845-353-2268 info@sukeymolloy.com