



City Psychology Service

Positive Touch Parent to Child Massage and Massage in Schools Programme

Course Details

Dates and Times

To organise dates for your setting please contact Davinder-Singh.Dhesi@leicester.gov.uk (Senior Educational Psychologist)

4 x 1 hour sessions for whole class

Venue

Collegiate House, College Street, Leicester. LE2 0JX
☎ 0116 221 4800 📠 0116 221 1216

Audience

- Positive Touch Parent to Child Massage is for children up to 12 years of age. Massage in Schools programme is for children aged 4-12 years

Areas Covered

Positive Touch Parent to Child Massage:

- CBII delivers parent to child massage sessions where the parents can learn massage routines to use with their children
- The aim of these sessions is to introduce to parents a positive touch approach in order to enhance attachment relationships, emotional well-being and self-esteem.

Massage in Schools Programme:

- This programme develops nurturing touch in a school setting. It is based on respect, and involves a formal massage routine. The massage takes place whilst children are fully clothed.

Peer massage is:

- For children 4-12 years old
- Given and received with the child's permission
- Given by the children, to each other. On the back, head, arms and hands
- Used daily
- Takes into consideration cultural and religious practices

Course Outcomes

Positive Touch Parent to Child Massage:

- Supports attachment relationships
- Is calming
- Is relaxing
- Allows families time to talk
- Is a good part of the bedtime routine
- Promotes quality time
- Promotes positive behaviours



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Massage in Schools Programme:

Studies and observations have shown that:

- Children become calmer and have improved concentration which helps their learning
- Children have more confidence and increased self-esteem
- It teaches children to respect others and leads to social inclusion
- There is a reduction in bullying and aggression
- Emotional health improves
- It helps children recognise 'good' and 'bad' touch
- Children show improved motor skills
- It encourages visual and kinaesthetic learning
- The School staff benefit from all these aspects
- Massage is fun

Course Leader Davinder-Singh Dhesi (Senior Educational Psychologist)

Cost Leicester City Maintained Schools/Settings: £600 for 2 members of staff to come and deliver training.

Non-Maintained Schools/Settings: £720 for 2 members of staff to come and deliver training.

How to apply To book your place visit www.lls.leicester.gov.uk

Full terms and conditions can be found on the website