



SKIN to SKIN TOUCH
觸感治療工作坊及簡介會

Touch Therapy Workshop



H3Touch

Our Mission Statement

- The purpose of H³ Touch[®] Infant Massage center is to promote the quality communication through touch by helping pre-parents, parents and caregivers develop healthy attachments with the children they are nurturing. We believe that establishing these bonds early improves trust and communication for a lifetime as well as helping children develop a better sense of their own bodies and their self-esteem. We provide support to pre-parents, parents and caregivers in the art of communicating love through touch.
- “Infant massage is the live voice of humanity, of the love for one another, of the
- complexity of a moment’s intimacy”

我們的信念

- 親子按摩為父母提供一個優質的親子時間。Infant Baby Massage 嬰兒按摩是為父母、準父母及照顧者提供一個專業觸感療法訓練，從而讓他們得到優質親子時間，我們深信透過父母和嬰兒愛的接觸和全心的關懷，能加強父母和嬰兒之間的情感維繫，注入愛的元素，為嬰兒快樂人生奠定重要基礎。
- 「嬰兒按摩是人類活聲音，是表現對互相的愛，是複雜既親密的一刻」

H3Touch provides:

- Local Charity Project (TOUCH CLUB)
- Touch program & support group for preterm babies
- We provide:
 - H3Touch Baby Massage & Yoga course
 - H3Touch Toddler Massage course
 - H3Touch Pregnancy Massage
 - H3Touch Palliative Massage & care
 - H3Touch Trainer course
 - CIMI[®], ILTF
 - Free community class

TOUCH THERAPY?

何謂袋鼠式護理?

- A very way of holding your baby against your chest with skin-to-skin contact
 - 是一種獨特的方式，將嬰兒抱進胸前，讓彼此皮膚直接接觸
- A pleasurable way to get to know and care for your baby
 - 是一種舒適的方式去了解及認識孩子
- Mother or father can do for their baby
 - 父母都可以用這種方式



Use of Kangaroo Care 袋鼠式護理的應用



- Commonly used for preterm babies 普遍應用於早產兒
- Also, technique of caring for term newborns and for the wellbeing of infants suffering from illness 亦適用於足月新生兒或其他生病嬰兒

“Kangaroo Mother Care - a Practical Guide” by Department of Reproductive Health and Research, World Health Organisation (WHO)

“袋鼠媽媽護理實用手冊”世界衛生組織



Kangaroo Care 袋鼠式護理

- Video:
- Clinically dead baby revived by Mother's touch
- https://youtu.be/FJ39-KJr_vA
- Research studies:
- Comparison of skin-to-skin (kangaroo) and traditional care: parenting outcomes and preterm infant development.
- [Feldman R¹, Eidelman AI, Sirota L, Weller A](#)
- [Pediatrics](#). 2002 Jul;110(1 Pt 1):16-26.
- .
- [Kangaroo care: research results, and practice implications and guidelines](#).
- Ludington-Hoe SM, Thompson C, Swinth J, Hadeed AJ, Anderson GC.
- Neonatal Netw. 1994 Feb;13(1):19-27.
- Facilitation of parenting the premature infant within the newborn intensive care unit. [J Perinat Neonatal Nurs](#). 2002 Jun;16(1):71-82.

Many studies suggest benefits of massage to healthy infants and children

- **Infant massage by mothers:**

- Enhanced the adjustment of circadian rhythms to nocturnal period (measured before and after 14 days of massage therapy)¹
- Reduced colic (compared with a control group who did not receive aromatherapy massage)²
- Improved sleep (compared with no massage)³
- Increased daily weight gain, enhanced sociability and soothability, improved interaction behaviours, reduced cortisol and norepinephrine and increased serotonin levels (compared with a group who were rocked, not massaged)⁴

- **Child massage by parents:**

- Reduced symptoms in children with atopic dermatitis (compared with a control group who received topical treatment only)⁵

- 1. Ferber, *et al. J Dev Behav Pediatr* 2002; **23**: 410–5; 2. Cetinkaya, *et al. Int J Nurs Pract* 2012; **18**: 164–9;
- 3. Field, *et al. Early Child Dev Care* 2007; **168**: 95–104; 4. Field, *et al. J Dev Behav Pediatr* 1995; **16**: 105–11;
- 5. Schachner, *et al. Pediatr Dermatol* 1998; **15**: 309–5

- Every baby/child is different!
- Some children need more attention, patience from developing a secure attachment
- Secure attachment is built up gradually over the first year of life.
- When life start with secure attachment, children are more likely to have good emotion regulation skills, more positive relationship with peers and other adults, increased mental and physical health as they grow

心觸閣-無痛工程計劃:

The "TOUCH" Project

at SHAMSHUIPO
(from H3Touch Foundation)



無痛工程是由一班已受訓的專業義工組織，並且是非牟利。他們以香薰治療及觸感治療理念，幫助有長期病患及痛症的人士。

The "Touch" Project of the H3Touch is a non-profit volunteer based organization which provides compassionate touch massage therapy free of charge to men, women, infants and children living with pain and terminal illnesses.

痛症處理 (Pain Management):

患有長期病患人士(需有醫護轉介)可致電本中心預約已受訓義工進行痛症處理及香薰按摩治療，低收入及綜援人士可申請免費。

Persons suffering from long-term chronic pain (with medical referral) can call to schedule appointments with our trained volunteers to receive pain management and massage sessions free of charge. (*Limitations apply)

嬰幼兒按摩及觸感治療 (Baby / Pediatric Massage & TOUCH):

嬰幼兒按摩在不少先進國家、甚至國內及台灣頗為流行，有關按摩的研究早在十多年前已經展開。按摩可鎮靜嬰兒神經、有寧神安睡作用、對腸胃消化、排泄、驅風、刺激肌肉機能、提升免疫力等亦有幫助。

*本課程現邀請有嬰兒之家庭參與。課程由義務/實習導師提供服務。

Baby & Pediatric massage has been popular in many developed countries, as well as mainland China and Taiwan. Over 10 years of research have indicated many benefits of TOUCH massage including the ability to help calm the infants nervous system, to help relax and promote quality sleep, improve digestive system, stimulate muscle functioning, and increase immunity.

*The course invites families with infants to participate. Courses will be provided by training instructors.

提供義工服務 (Volunteering):

主要由一班已接受嬰幼兒按摩及香薰治療訓練的義務導師去組織及管理，所有服務、訓練及教導學員均是義務性質。本中心鼓勵及歡迎參加者學有所成後，再成為義務導師，教導及服務更多有需要人士。

*本中心歡迎其他香薰治療師或義務導師到本中心提供服務，詳情請致電本中心查詢。

The Aroma Corner is primarily maintained by volunteer instructors who are trained in aromatherapy. All services, training, and mentorship to students and participants are provided on a voluntary basis. In addition, we encourage participants to acquire basic skills that can later be re-contributed back to the project and community by becoming volunteers themselves.

*We also welcome tutors, students of aromatherapy who are interested (for volunteering).



Certified Pregnancy Massage Therapist course (Touch Therapy)

COURSE COVERS:

- What is Pregnancy Massage?
 - Benefits of Pregnancy Massage
 - Trimester Information
 - Effects of Pregnancy on Body Systems
 - Hormones and their effects
 - Exercise and Stretching in Pregnancy
 - Contraindications to Pregnancy Massage
 - Some Pregnancy Ailments
 - The Massage Treatment
 - Consultation/Client Release Form
-
- Date: 18 & 19 Aug 2018
 - Time: 10:00 – 17:00

PLACE
STAMP
HERE

H3Touch – Touch Club 心觸閣

Tuen Mun Central Post Box 747
屯門郵箱747號

Print materials

國際認可 CPMI®兒童 按摩導師訓練 課程

This Accredited 2-day professional training will be held at H3Touch Training Center in SSP, Kowloon. The comprehensive Pediatric Massage Training for massage therapists and health care professionals provides educational and professional training to those who wish to enhance their skills. Pediatric massage techniques for working with children with varied physical, developmental, and mental challenges will be demonstrated and practiced during hands-on in class sessions. The benefits and importance of individualized adaptations, including cultural considerations, for using massage therapy will be explained.

CThA
Professional Member


H3 Touch



SEN親子觸感治療課程

能持續專注地工作對課堂學習非常重要。孩子上課時，需專心聆聽老師的說話，濾除同學的喧嚷、處理所接收的資訊、整理自己的思想並完成各種指令。「專注力訓練小組」特別為因專注力弱及情緒緊張的3-11歲幼兒及小童。

訓練小組會透過各式觸感活動去刺激不同感官，以針對一系列的專注力問題，包括：

- 持續專注工作的能力
- 去除紛擾的能力

日期: 2018年8月18,25日 (六)

2018年9月15,22日(六)

時間: 11:30 – 12:30

名額: 6個家庭

費用: \$200/每個家庭

研究告訴我們，SEN的小童於上課前接受20分鐘的觸感治療可提高上課的專注力及情緒較平穩地學習。家長們快來學習一套有系統的方法! www.h3touch.org

請聯絡我(回條)

本人欲報及參與以下課程, 請與本人聯絡:

姓名:

電話:

電郵:

我對以下課程有興趣:

- SEN親子觸感治療課程
- 親子按摩(早產兒課程 / BABY BLUES 課程)
- Certified Pregnancy Massage Therapist course (Touch Therapy)
- 國際認可CPMI®兒童按摩導師訓練課程
- 國際認可CIMI®嬰兒按摩導師訓練課程

心觸閣義務導師成員包括：教育心理學家、臨床心理學家、職業治療師、言語治療師、物理治療師、音樂治療師、香薰治療師、嬰兒按摩(瑜珈)導師及資深社工等等。H3 Touch關注嬰幼兒健康成長與及和諧家庭，故此將會每月共同舉辦TOUCH CLUB，舉辦不同的親子課程，推廣親子共樂、健康成長的信息。



親子按摩的好處

提供一個優質的親子時間

- 促進父母與嬰兒之間溝通和互信
- 促進父母與嬰兒之間愛的表達
- 促進父母與嬰兒之間情感維繫
- 增加父母照顧嬰兒的信心
- 增進親子關係
- 減輕父母/照顧者之壓力
- 教育父母如何細閱他們的嬰兒的暗示和領悟他們的反應

早產兒親子按摩訓練

日期: 逢星期二(四堂) \$300.00 @家庭

時間: 上午10:30 – 11:30/11:30 – 12:30

嬰兒按摩可鎮靜嬰兒神經、有寧神安睡作用、對腸胃消化、排泄、驅風、刺激肌肉機能、提升免疫力等亦有幫助。

內容: 按摩對嬰兒生理及心理成長之好處，基本按摩技巧及即場示範 / 督導

嬰兒按摩對嬰孩身心健康成長有莫大好處。

Contact Us 聯絡我們

如有查詢及預約，請致電本中心

電話: 34866640

課程 52173169(WHATSAPPS)

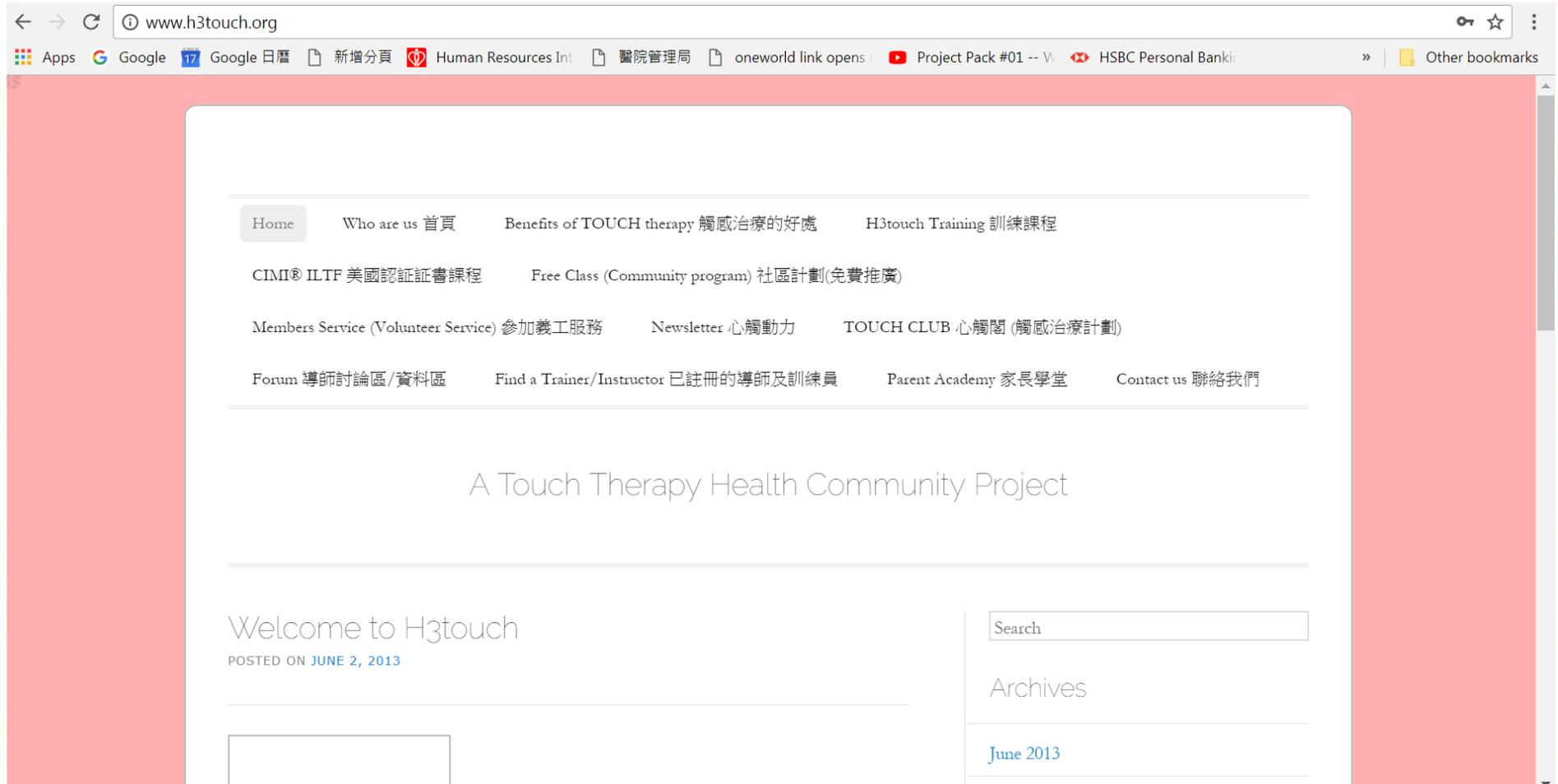
傳真: 3020 6547

地址: 九龍深水埗醫局街161號一樓
(上門須預約)

通訊地址: 屯門中央郵箱747號

電郵地址: h3touch@gmail.com

touch@h3touch.org



The screenshot shows a web browser window with the address bar displaying "www.h3touch.org". The browser's bookmark bar contains several items: "Apps", "Google", "Google 日曆", "新增分頁", "Human Resources Int", "醫院管理局", "oneworld link opens", "Project Pack #01 -- V", "HSBC Personal Banki", and "Other bookmarks".

The website content includes a navigation menu with the following items:

- Home
- Who are us 首頁
- Benefits of TOUCH therapy 觸感治療的好處
- H3touch Training 訓練課程
- CIMI® ILTF 美國認證證書課程
- Free Class (Community program) 社區計劃(免費推廣)
- Members Service (Volunteer Service) 參加義工服務
- Newsletter 心觸動力
- TOUCH CLUB 心觸閣 (觸感治療計劃)
- Forum 導師討論區/資料區
- Find a Trainer/Instructor 已註冊的導師及訓練員
- Parent Academy 家長學堂
- Contact us 聯絡我們

The main heading reads "A Touch Therapy Health Community Project". Below this, there is a "Welcome to H3touch" section with the text "POSTED ON JUNE 2, 2013". To the right of this section is a search bar with the placeholder text "Search" and a link to "Archives". Under the "Archives" link, "June 2013" is listed.

聯絡我們

如有查詢及預約，請致電本中心

電話: 34866640 /
52173169 (WHATSAPPS)

傳真: 3020 6547

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www.h3touch.org

