

〈シンポジウム II〉

『皮膚感覚が心を育む』

子どもの心と皮膚―「タッチケア」―

七木田方美

The Touch Care for Mental Development of Young Children

Masami NAKAKIDA

Abstract

This report is presented in the symposium titled “the mind and the skin of the child.” It is natural that we touch the baby whenever we watch the baby. Every baby of the animal is lovely, it has something appealing. Biologically the babies of creatures have lovely features in order to be taken care by care givers. In this report, I will write about various parents and children, some of them are children with disabilities. And next, I will introduce “touch care supports the attachment formation of the parent and child.”

The massaging of babies provides a gentle and positive stimulus for newborns. This touch care is a significant way to maintain and enhance the attachment process between parents and baby. Today, growing researches from around the world show that human touch is a powerful contributor to infants' ability to thrive and grow. Rigorous scientific studies show that as follows;

- Even a few minutes a day of touching measurably increases a newborn's health and vigor, from body weight to bone mass.
- During skin-to-skin contact, a mother's chest naturally adjusts to provide exactly the warmth and comfort that her baby needs.
- Touch and massage significantly reduce infant crying and distress
- Infant massage under accepted guidelines can increase weight gain in premature infants and much more.

I concluded that tactile stimulation exists throughout life; especially it appears to be most intense and crucial during young childhood.

Key words: attachment, touch care, mind, child.