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Welcome to this MotherTouch™ ONLINE course!

ABDOMINAL MASSAGE DURING PREGNANCY

1.5 NCBTMB CE's

This is a stand-alone course

and also **Module VI of the Fundamentals of Prenatal Massage Online Course**

INSTRUCTOR/AUTHOR: Leslie Stager RN, LMT, NCBTMB Provider

INSTRUCTIONS FOR PARTICIPATION AND CREDIT

To receive the MotherTouch™ Certificate of Completion participants must complete the activities listed, utilize materials offered and receive a minimum score of 85% on the post-quiz.

Credit

This course provides 1.5 NCBTMB CE. For information about acceptance of NCBTMB continuing education credit in your state, please consult your professional licensing board. The number of CE's per course is based partly on NCBTMB reading time measurement of 250 words per minute and partly on actual read time by sample participants.

Follow these steps to earn NCBTMB credits:

To successfully earn NCBTMB credit and receive the certificate of completion, participants must read the directions for taking each course and complete the activities and steps noted below:

1. **Read** the **learning objectives** below.
2. **Study** all **written content** online or printed out.
3. **Watch** all videos and powerpoint videos.
4. Take the online **Quiz**. Choose the best answer to each multiple choice question.

5. Complete the **Evaluation Form** to provide feedback for future programming.
6. Upon successful completion of steps 1-5, you may **view or print** the certificate. You may not alter the certificate.
7. If you find any error on the certificate, contact MotherTouchClasses@gmail.com to request a correction.
8. **You are responsible** to keep track of your CE's. MotherTouch™ is not responsible for lost or unrecorded CE's once you have downloaded the certificate.

About the Quiz

To receive the MotherTouch™ Certificate of Completion participants must complete the activities listed, utilize materials offered, and answer the multiple choice questions. Because you may refer to the text, video or other materials in this course while taking the quiz, you must receive a passing score of 85% in order to successfully pass and receive your certificate.

Time Allowed

These courses are designed to be completed within 6 months of registering and making payment. You can take part of the course and return to it again later as your time allows. After 6 months, your course will expire and you will have to re-register and start over.

MODULE V OUTLINE: ABDOMINAL MASSAGE DURING PREGNANCY

COURSE DESCRIPTION

A unique aspect of working with pregnant clients is the opportunity to massage two people at once. This is especially notable when you massage the belly, whether in the first trimester when the uterus is barely palpable or visible, or in the 3rd trimester, when baby may be kicking and wriggling under your hands and right in front of your eyes! Baby is influenced by your touch, feels the massage, and experiences a difference in the intrauterine environment as the mother relaxes deeply during a massage. Belly massage allows therapist and mother time to acknowledge baby's presence and experience.

Many massage therapists feel insecure about massaging their client's belly, and are uncertain about pressure and how to ensure safety. A common mistake is to massage so lightly that it actually is more irritating than pleasurable. This course will guide you through methods of offering comforting and relieving belly massage. It will also address contraindications and precautions, and the questions you will inevitably be asked about products to help relieve or prevent pregnancy belly stretch marks.

COURSE OUTLINE

Topics Include:

- Approaching the Belly with Reverence
- Benefits, Contraindications, Precautions
- Belly Massage Techniques in Sidelying Position
- Belly Massage Techniques in Semi-Reclining Position
- Cross-Cultural Practices of Pregnancy Belly Massage
- Effectiveness of Stretch Mark Products and Belly Massage

CONTENT MATERIALS INCLUDED:

1. PDF: **ABDOMINAL MASSAGE DURING PREGNANCY**
2. PDF: **CROSS-CULTURAL PRACTICES OF PREGNANT BELLY MASSAGE**
3. POWERPOINT: **PREGNANCY STRETCH MARKS & MASSAGE**
4. VIDEO: **MOTHERTOUCH PRENATAL BELLY MASSAGE—SIDELYING POSITION**
5. VIDEO: **PRENATAL BELLY MASSAGE IN SEMI-RECLINING POSITION**
6. VIDEO: **SOBADA & MANTEADA**
7. QUIZ
8. COURSE EVALUATION
9. CERTIFICATE OF COMPLETION for 1.5 NCBTMB CE's

LEARNING OBJECTIVES

By the end of this course, the student will be able to:

1. Describe the MotherTouch approach to beginning massage for the pregnant belly
2. List 3 contraindications or precautions for belly massage
3. Describe how at least 2 other traditional birth cultures use belly massage
5. Practice at least 4 specific belly massage techniques demonstrated in videos or text
6. Discuss stretch mark products and their usefulness to prevent or reduce them
7. List 6 benefits of Prenatal Belly Massage
8. List 6 precautions to be aware of before doing abdominal massage during pregnancy
9. Explain rationale for using either sidelying or semi-reclining positioning for a belly massage

The LESSONS: Start Course Here

LINKS and TIMING of COURSE MATERIALS: Total time 63 min + Quiz/Evaluation.

Text: This page outline: (5 min)

LESSON I: ABDOMINAL MASSAGE DURING PREGNANCY (15 min: 3118 words)

Text LINK: https://drive.google.com/file/d/191-euVtIWvmc0B07zxnHWnNWDa4h_c5y/view?usp=sharing

The basics of abdominal massage during pregnancy with images and descriptions of specific techniques.

LESSON II: CROSS-CULTURAL PRACTICES OF PREGNANT BELLY MASSAGE (10

min: 2027 words).

PDF LINK: <https://drive.google.com/file/d/1u3gB7qF9xfKieANkvl7yoE2-X-t8VaXv/view?usp=sharing>

Read about Indonesian and South Pacific Islanders belly massage practices

LESSON III: Video: May Start video at 1:17-7:15: MOTHERTOUCH PRENATAL BELLY MASSAGE—SIDELYING POSITION (6 min):

LINK: <https://vimeo.com/mothertouch/mothertouch-belly-sidelying>

Video demonstrating belly massage in side-lying position.

No password

LESSON IV: Video: PRENATAL BELLY MASSAGE -- SEMI-RECLINING POSITION (7:35

Min)

LINK: <https://vimeo.com/mothertouch/Prenatal-Belly-Massage-Semireclining>

Video demonstrating belly massage in semi-reclining position.

No password

LESSON V: SOBADA & MANTEADA (7 minutes)

VIDEO LINK: <https://www.youtube.com/watch?v=dRKsdlMwX1I>

Set the cursor at 2:13 minutes and watch until 8:57. (Contact Leslie if the video is no longer available.)

Watch Traditional Mexican midwives demonstrate belly massage techniques and rocking belly with rebozo. This is not a well-made video, but very unique material that is unusual to find.

LESSON VI: PREGNANCY STRETCH MARKS & MASSAGE: (12 min)

Powerpoint Video LINK: <https://vimeo.com/mothertouch/Pregnancy stretch marks>

Many women ask massage therapists about products to prevent or remove stretch marks. This powerpoint presentation looks at the occurrence of stretch marks, and research on effective and ineffective products for stretch marks.

Did you like this course? Want more online training in Prenatal Massage?

This is a standalone online course. It is also a Module in the **Fundamentals of Prenatal Massage Course**. If you liked this course, consider taking the full Online Fundamentals course. It is less expensive to register for the full course, than to take each individually. AND, you have an added benefit: If, within 1 year of taking the online course you register for the 4-day Prenatal Bodywork Training & Certification, contact Leslie learn up to date information about the possibility of a reduced or audit fee for taking the first day of the Live course! Because time goes on, at some point that may not be an option anymore, but get in touch if you are interested and find out!

These are the Online Modules included in Fundamentals Of Prenatal Massage:

- ❖ MESSAGE DURING PREGNANCY: A Unique Opportunity
- ❖ PHYSIOLOGICAL, POSTURAL, MUSCULO-SKELETAL CHANGES DURING PREGNANCY
- ❖ PRECAUTIONS & CONTRAINDICATIONS FOR BODYWORK DURING PREGNANCY
- ❖ POSITIONING & DRAPING FOR PREGNANCY MASSAGE
- ❖ PRENATAL MASSAGE TECHNIQUES
- ❖ ABDOMINAL MASSAGE DURING PREGNANCY



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