

# Child 2 Child

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# Two levels of benefits brought about by massage

- Psychological benefits
- Physiological benefits

# Strokes

- Effleurage
- Petrissage
- Frictions
- Percussion

# What is Child 2 Child?

- Child to child peer massage
- Short daily routine
- Classic massage strokes
- Positive Touch games to develop learning
- Variety of settings

# What are the benefits?

- Reduces anxiety and stress
- Releases learning enhancing chemicals in the brain
- Builds up emotional awareness and social cohesion
- Develops a rights respecting approach
- Empowers children to make choices

# Maslow's Hierarchy of Need

**Self-actualisation: Personal Growth and fulfilment**  
**Aesthetic needs: Beauty, balance, form, etc**  
**Cognitive needs: knowledge, meaning, self-awareness**

**Esteem needs: Achievement, status, responsibility, reputation**

**Safety needs: Protection, security, order, law, limits, stability, etc**

**Biological & Physiological needs:**  
**Basic life needs – air, food, drink, shelter, sleep, etc**

# Comments from schools

- It develops knowledge and understanding of what is safe touch, the difference between nurturing touch and unwelcome touch. Allows children to grow to be assertive to protect themselves from unwanted attention and touch.
- Helps to focus and settle children within the classroom, especially at the beginning of the day...improving concentration levels, leading to more effective learning.
- Pupils enjoy the activities, helping to develop the right positive ethos for the classroom.
- Enhances pupil voice with pupils taking more responsibility for themselves and others
- Is integral to the ECM agenda and the Healthy Schools Programme

# Comments from schools

- Helps to develop positive relationships with other class members...as it is inclusive
- Good for social skills training with close emphasis on asking permission and thanking as part of the routine.
- Leads to a reduction in bullying incidents.

# Comments from children

- It makes me feel warm and comfortable
- I feel safe
- It makes me feel happy
- I like to do it on my family
- I have lots of friends

# Comments from teachers and TAs

- The children really enjoy peer massage
- I do not need an incident log since we started peer massage
- Thank you for giving me the training that has brought such benefit to the children
- All my class thinks peer massage is great

# Stressors for children

- Skipping a meal
- Having an argument
- Being left to cry
- Being subject to a management system which prevents them having any say or control

# Effects of calming

- Oxytocin is released during massage
- Release of fight or flight response
- Positive effects on the body
- Positive effects on learning

# Calming through massage

- 'Physical relaxation may be more important to learning than just having the will to learn.'
- Importance of touch
- TRI

# Preparing for peer massage

- Children, staff, governors, parents informed
- Questions answered, reassurance given
- Positive touch policy
- Risk assessment on the room to be used
- Positive environment
- Orderly, obstacle free space for working
- Practicality of environment chosen

# Performing the routine

- Regular spot on the timetable
- Adult to adult model for child to child
- Ask permission
- Perform routine
- Option to request omissions/adaptations
- Change places and repeat the routine

# NB:

- The children are fully clothed and the massage can only take place with permission
- Strokes should be taught one or two at a time depending on age and ability
- Other sensory experiences may be embraced during the session

# NB:

- Choice
- Additional needs of children
- Assessment
- Pairing
- Single focus
- Pupil voice

# The response in Rochdale

- 15 schools deliver daily on a whole school basis
- 26 schools in part

# Contact details

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