
SOUTH FLORIDA Parenting baby & maternity

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Rubbing Moms and Babies the Right Way

BY CYNTHIA WASHAM

Marie-Josee Berard never gave much thought to massaging women with bulging bellies until she found herself in their shoes.

complications. Depressed and anxious mothers, on the other hand, face a higher risk of having premature and underweight babies.

With a newborn to care for, Berard realized her massages not only relieved stress but they also helped shrink her uterus back into shape. Back massages eased the muscle aches that come from carrying a new baby.

“Massage helps you stay relaxed,” Berard said. “You sleep better.”

The veteran massage therapist naturally practiced her art on the baby. According to UM studies, massaged babies are less fussy, more sociable and gain weight better than babies who are seldom touched. Berard also believes infant massage eases constipation and colic.

In the last 15 years, Berard has made prenatal and infant massage her specialty. She offers prenatal and postnatal massages for low-risk mothers. She also conducts private and group classes to teach parents how to massage their babies.

For more information, call 954-825-0343.



“My pregnancies were so bad”, she said. “I felt miserable.”

The Coral Springs massage therapist naturally turned to her favorite fix. She discovered massage helped relieve her nausea, headaches and leg swelling. Researchers from the University of Miami said massage also may have helped ensure Berard’s healthy delivery. The researchers reported that mothers given massages during pregnancy had fewer delivery

