

Growing the Family through Positive Touch and Play

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Global Objective



To provide information about positive touch and play for strengthening families.

Specific Objectives

- Describe how the sense of touch develops.
- Define and illustrate “positive” vs. “negative” touch.
- Review research on the effects of touch.

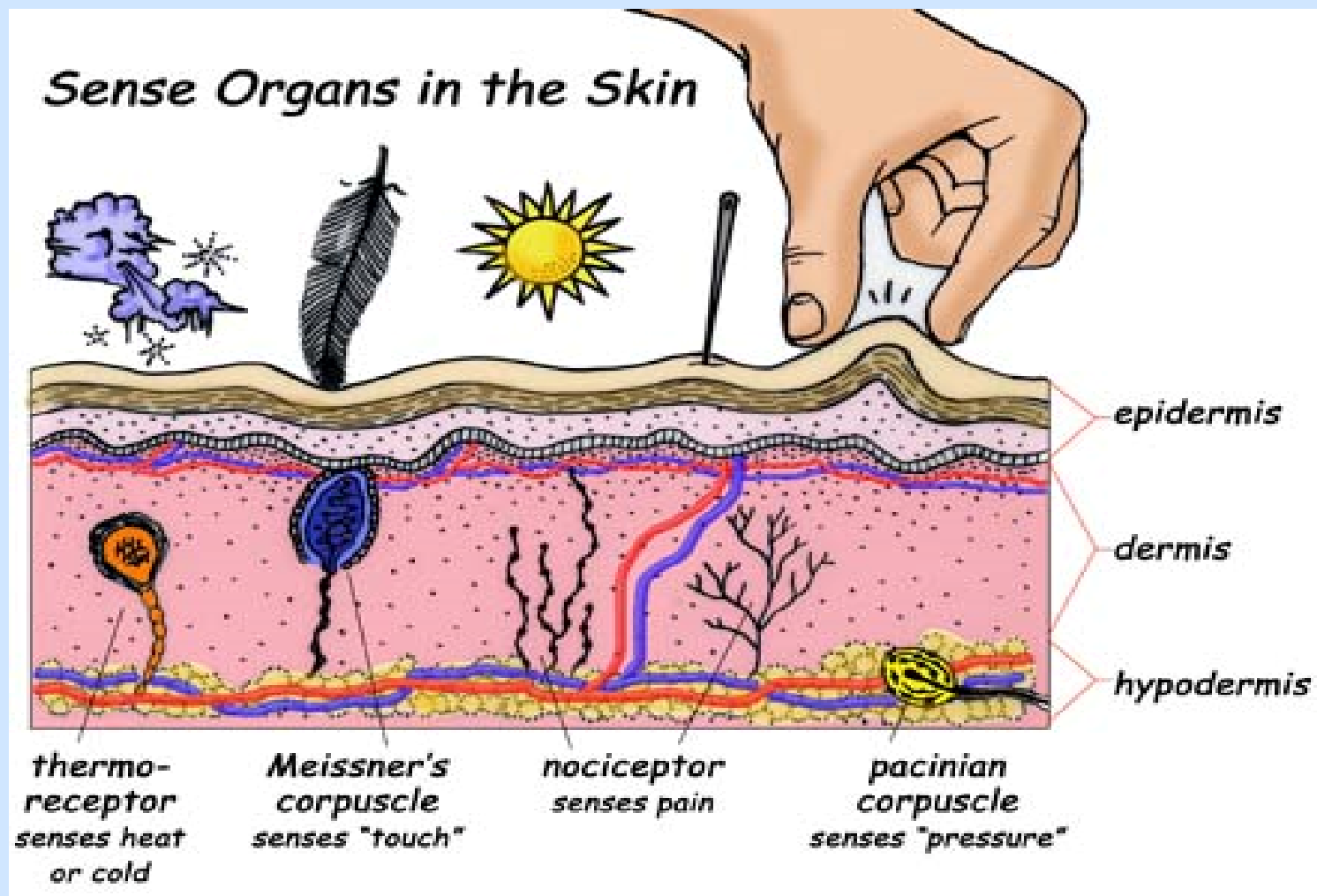
Objectives (continue)

- Define play.
- Review research on how play affects children's stress levels.
- Describe play activities for the family.



Retrieved from www.orwelltoday.com

Under the skin





- Our skin also picks up sensations related to positive feelings.

- Examples of positive skin touch include:

- Parent hugging a child
- Baby being rocked in parent's arms
- A pat on the back for doing a good job
- Sitting close to a friend
- Playing games



- A positive message conveyed through touch is bidirectional as both parties or members of a dyad experience the positive touch sensation.

Positive Touch

<http://aubreydaniels.com/pmezine/bullying-unhealthy-humankind>



Bullying



Domestic abuse



Negative Touch

(Gershoff, 2013)



<http://holah.co.uk/summary/bandura/>

Imitating Negative Touch

Bandura's study showed that:

- children exposed to aggressive models are more likely to act aggressively.
- children show twice as many aggressive behaviors if the adult model is of their same gender.
- children exposed to aggressive adults are more likely to also act in **verbally** aggressive ways (yell; curse).

Bandura, A. (1962) *Social Learning through Imitation*, Lincoln, NE:
Univ. of Nebraska Press.



<https://www.psychologytoday.com/blog/peaceful-parents-happy-kids/201306/10-steps-stop-your-child-hitting-other-kids>



Retrieved from: www.empoweringparents.com

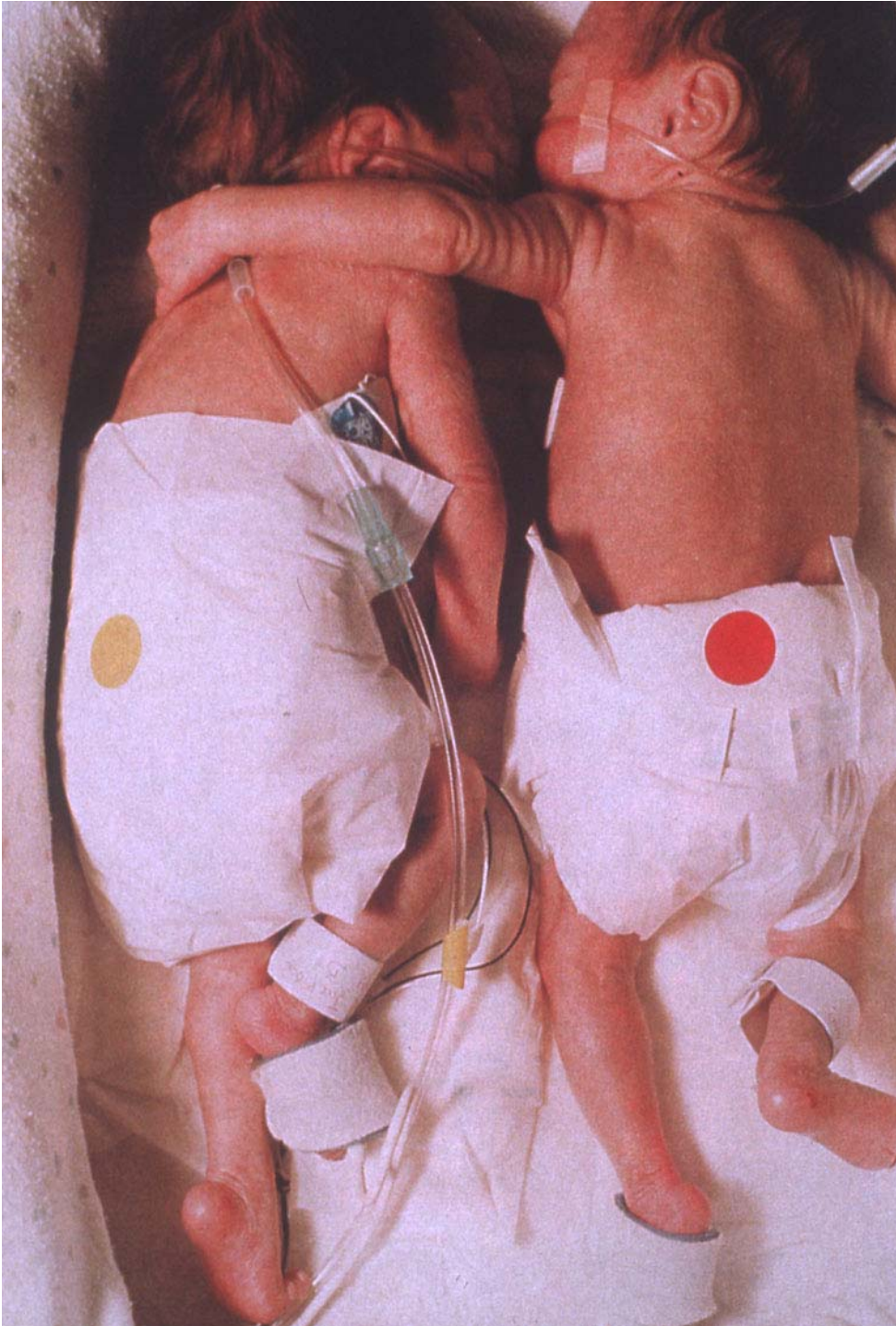


Photograph: Jonathan Hordle/Rex Features

Imitating Negative Touch

Parenting programs should include...

- a conversation about different types of touch.
- research on negative touch (e.g., spanking doesn't work).
- resources/literature on child development.
 - children imitate
 - adults need to set reasonable expectations based on child's age
- alternatives to negative touch



Babies need TLC

Retrieved from:
<https://survivinginfantsurgery.wordpress.com/tag/baby/>

3 Year Old Children



Normal



Extreme Neglect

Bruce D. Perry, MD, PhD; Child Trauma Academy



Retrieved from: <http://newsmomsneed.marchofdimes.org/?tag=kangaroo-care>

- Reduces infant mortality
- Stabilizes infant temperature
- Promotes sleep organization
- Associated with greater weight gain
- Regulates infant heartrate and respiration

Kangaroo Care

Jefferies, A. (2012). Kangaroo care for the preterm infant and family. *Paediatrics & Child Health*, 17 (3) 141-143.

Preterm Infants who receive Kangaroo Care show

- better body temperature maintenance.
- regulated heart and breathing rates.
- greater weight gain and breastfeeding.
- improved sleep (greater time in deep sleep).
- parent-child bonding

Jefferies and Canadian Paediatric Society Fetus and Newborn Committee, Pediatric Child Health, (2012).

Inappropriate: Child leashes



Picture by Meagan Reif



Retrieved from: <https://www.reddit.com/r/kidsonleashes/>

It is important to communicate appropriate touch techniques
to all parents,
not just “at risk” parents.



March of Dimes.org

Ancient China



Retrieved from: <http://english.sina.com/life/p/2011/0619/378247.html>



Massage Therapy

Benefits of Preterm Infant Massage

- Helps preterm babies gain weight.
- Reduces cortisol stress hormone levels.
- Improves sleep.
- Earlier hospital discharge.



Tiffany Field, PhD University of Miami,
Department of Pediatrics, Touch Research Institute.

Infant Massage

- Reduces stress behaviors
- Promotes quicker sleep
- Stay asleep longer

For typical infants



Field, T., & Hernandez-Reif, M., (2001). Early Child Care & Development, 168, 95-104.



<http://www.massagetoday.com/mpacms/mt/article.php?id=14868>



Parents massaging children

- improves symptoms of asthma
- skin conditions (atopic dermatitis)
- increases immune function (leukemia, HIV)
- enhances alertness and attention
- reduces children's cortisol (stress hormone) levels

Touch Research Institute, University of Miami
Department of Pediatrics, <http://www6.miami.edu/touch-research/>

Chair Massage for older children



http://www.dukechildrens.org/services/primary_care/adolescent_health



<https://personalbestmassage.wordpress.com/category/health/>



Diego, M., Field, T., Hernandez-Reif, M, et al (2002). *Adolescence*, 37, 597-607.



<http://siteaboutchildren.com/parents-and-children.html>

Massage Therapy Benefits Parents too!

- More one-on-one time with child.
- Reduces anxiety & improves mood.
- Promotes greater bonding.

Touch Research Institute, University of Miami
Department of Pediatrics, <http://www6.miami.edu/touch-research/>

Story Massage



- Popular peer massage activity used by teachers to manage classroom behavior.
- Encourages children to concentrate, calm down, engage in activity and be respectful of each other.

Primary school in Hackney, East London

<http://www.storymassage.co.uk/story-massage-in-primary-schools/>



Worldartsme.com

Sandra Grows Wildflowers

Sandra was given a packet of wildflower seeds. (Sprinkle)

She decided to plant them one by one. (The Walk)

Soon the sun shone down on the seeds. (The Circle)

And the rain watered them. (The Sprinkle)

The seeds sprouted & grew into tiny seedlings. (The Fan)

Then one day Sandra looked out onto the garden and saw lots of beautiful wild flowers. (The Circle)

This made her feel very happy. (The Half-Circle)

Story Massage

adapted for the home environment (create your own story)....

- teaches positive touch, promotes relaxation, and is a fun family activity.



www.thecalmchild.com



www.howwemontessori.com

Play and the family

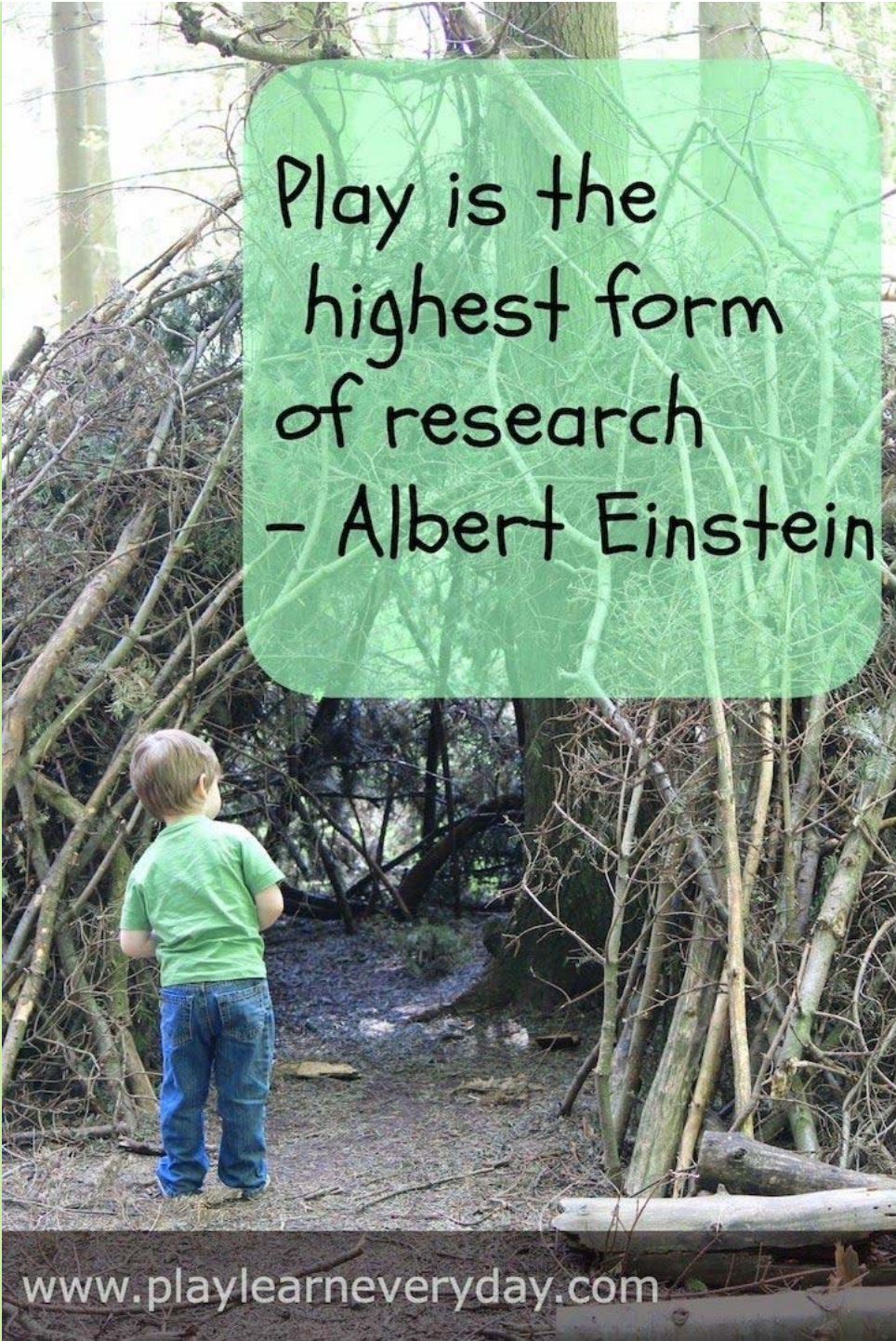




Play is the work of childhood.

— *Jean Piaget* —

AZ QUOTES



Play is the
highest form
of research
- Albert Einstein



Play Is Not Frivolous

It is not a luxury. It is not something to fit in after completing all the important stuff. Play is the important stuff. Play is a drive, a need, a brain-building must-do.

Johnson & Dinger (2012)

“Play is an inborn disposition for learning, curiosity, imagination and fantasy”
(David Elkind, 2007)



<https://www.lds.org/new-era/2015/02/how-to-be-friends-with-your-family?lang=eng>



<https://www.lds.org/family/activities?lang=eng>

Play :

- is self-chosen and self directed
- is an activity where the means are valued more than ends
- has rules that emanate from the minds of the players
- is imaginative and “removed” from “serious” life
- involves an active, alert, but non-stressed frame of mind.

(Peter Gray, 2013)



**It is a happy talent to know
how to play.**

Ralph Waldo Emerson
American writer (1803-1882)

The caregiver's role in play



<http://www.horizonsdrc.com/blog/its-the-simple-things>



http://www.huffingtonpost.com/emily-g-cohen/the-coach-is-a-bully-now-_b_8067838.html



<http://madamenoire.com/557878/chlds-play-is-serious-business/>

Take the child's lead.....not the other way around



<https://www.flickr.com/photos/avolie/8658866534>



www.talesetc.com/stories-from-the-mouth-of-a-wee-child/



<https://valueofdramaticplay.files.wordpress.com/2012/07/screen-shot-2012-07-10-at-6-08-11-pm.png>

- **Infant:** Rock, stroll, crawling, walking with help, and being sung and read to; like social games like peek-a-boo; splashing water; squeezing, shaking, banging and throwing toys/objects; busy boxes, mirrors and push toys.
- **Toddler:** Filling and emptying containers; feeling different textures (clay, sand, finger paints, bubbles), exploring outside (insects, bugs, trees, birds), mimicking others; reading or looking at books together. Manipulating small objects (toy people, cars, and animals). Favors mechanical; push-pull toys; large balls; sand and water play; blocks; painting or coloring with large crayons; nesting toys; large puzzles; and trucks and dolls.
- **Preschooler.** Playing dress up; running, jumping, hopping and building things. Enjoys “riding-type” toys, building materials (sand and blocks), dolls, drawing materials, cars, puzzles, books, nonsense rhymes, and singing games; finger paints, clay, cutting, pasting, and simple board and card games.

Play activities by age.....



<https://www.mawaskitchen.com/cooking-school/kids-teens-5-day-summer-camp/>



<http://www.ymcashr.org/programs/info/school-age-child-care>



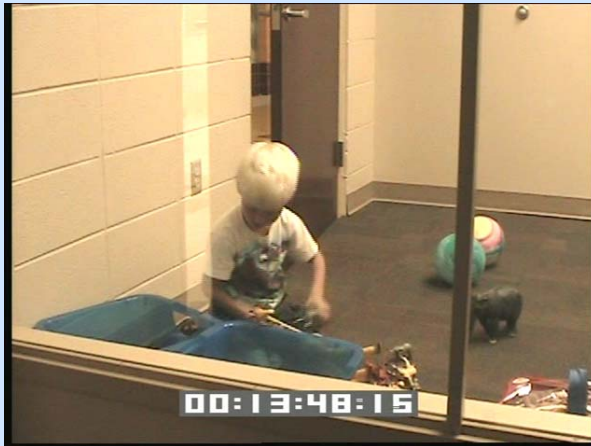
<http://triumphcenter.net/lifestage/elementary/>

School-age child. Play becomes organized and has a direction. Still enjoys dramatic play. Becomes better at rules when playing games and begins to compete in sports. Enjoys collecting (comic books, baseball cards, and stamps), dolls, pets, guessing games, board games, riddles, physical games, reading, bike riding, hobbies, television, video games and cooking.

Adolescent. Athletic sports are the most common form of play. Strict rules are in place, and competition is important. Adolescents also enjoy movies; being with other teens; parties; listening to music; and experimenting with makeup, hairstyles, and fashion. They also begin developing an interest in peers of the opposite sex.

Can play stress children?

Solitary Play



Free Play



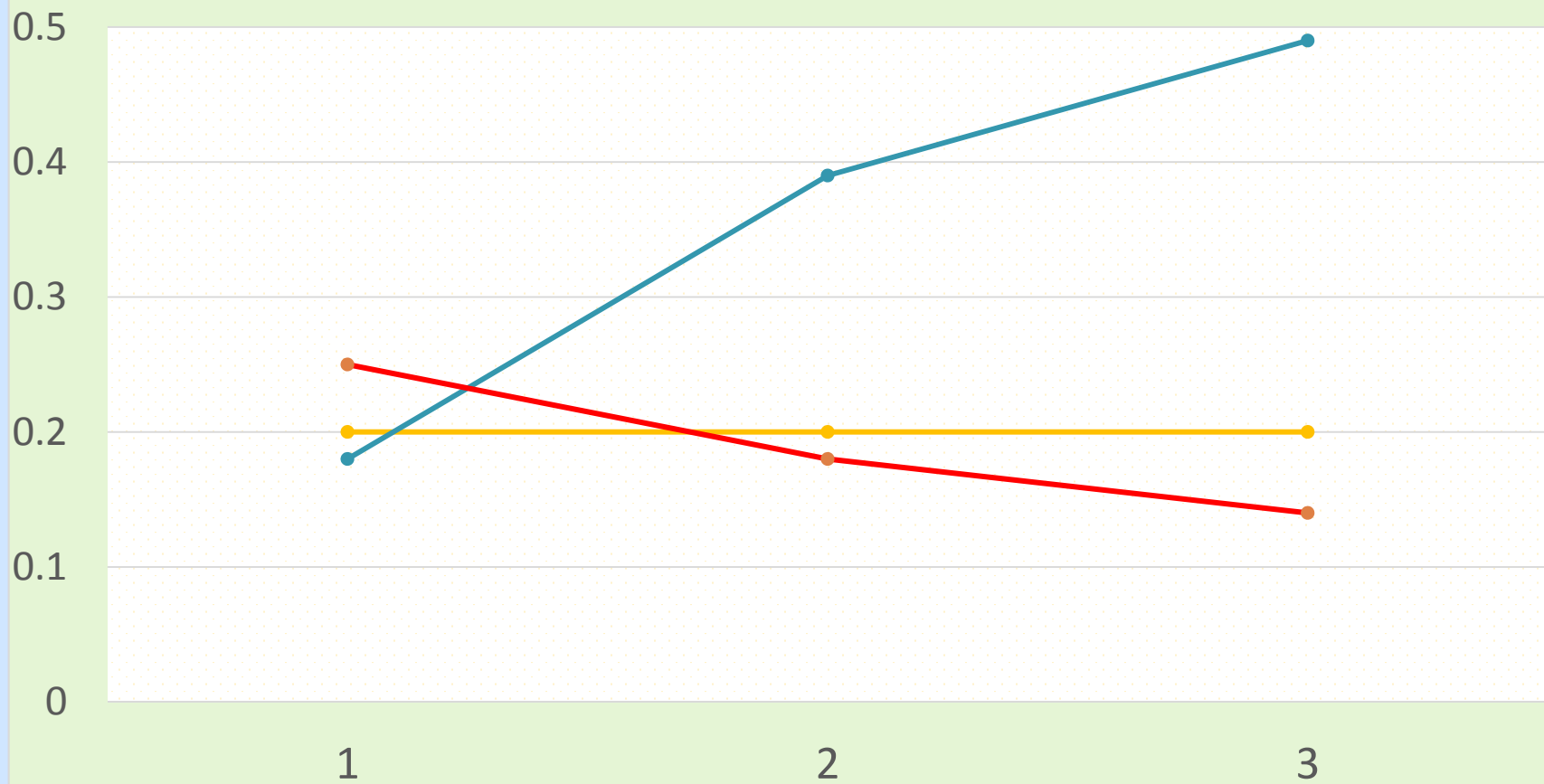
Peer Play



Hernandez-Reif, M. (2014). Young children's stress response to different play settings

Cortisol by Play Type

—●— Alone —●— Peer —●— Free



Hernandez-Reif, M. (2015). Young children's stress response to different play settings

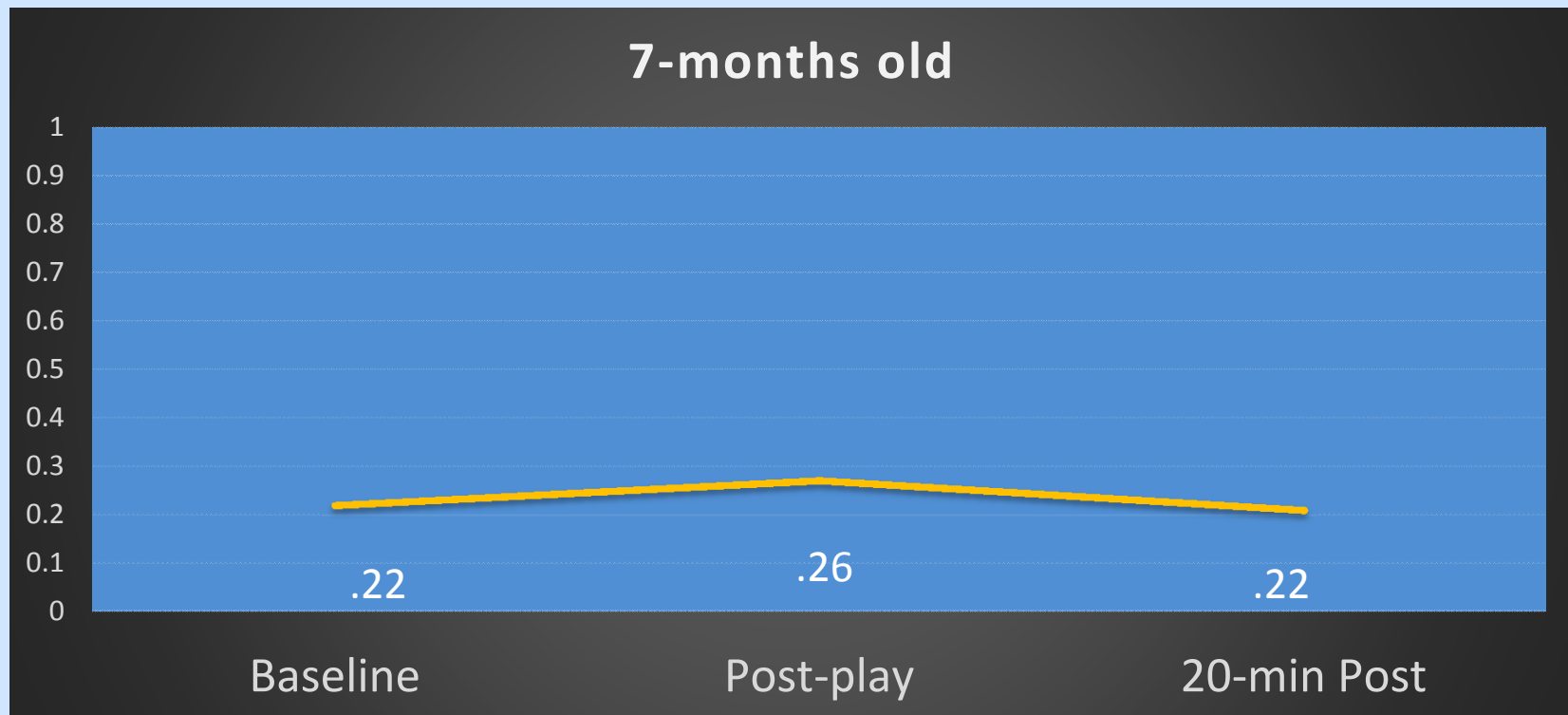
Does play stress infants & toddlers?



<http://yourhomewizards.com/wp-content/uploads/2014/02/babies-playing-with-toys.jpg>

Hernandez-Reif, M. (2016). Infant and Toddler Cortisol levels during free play.

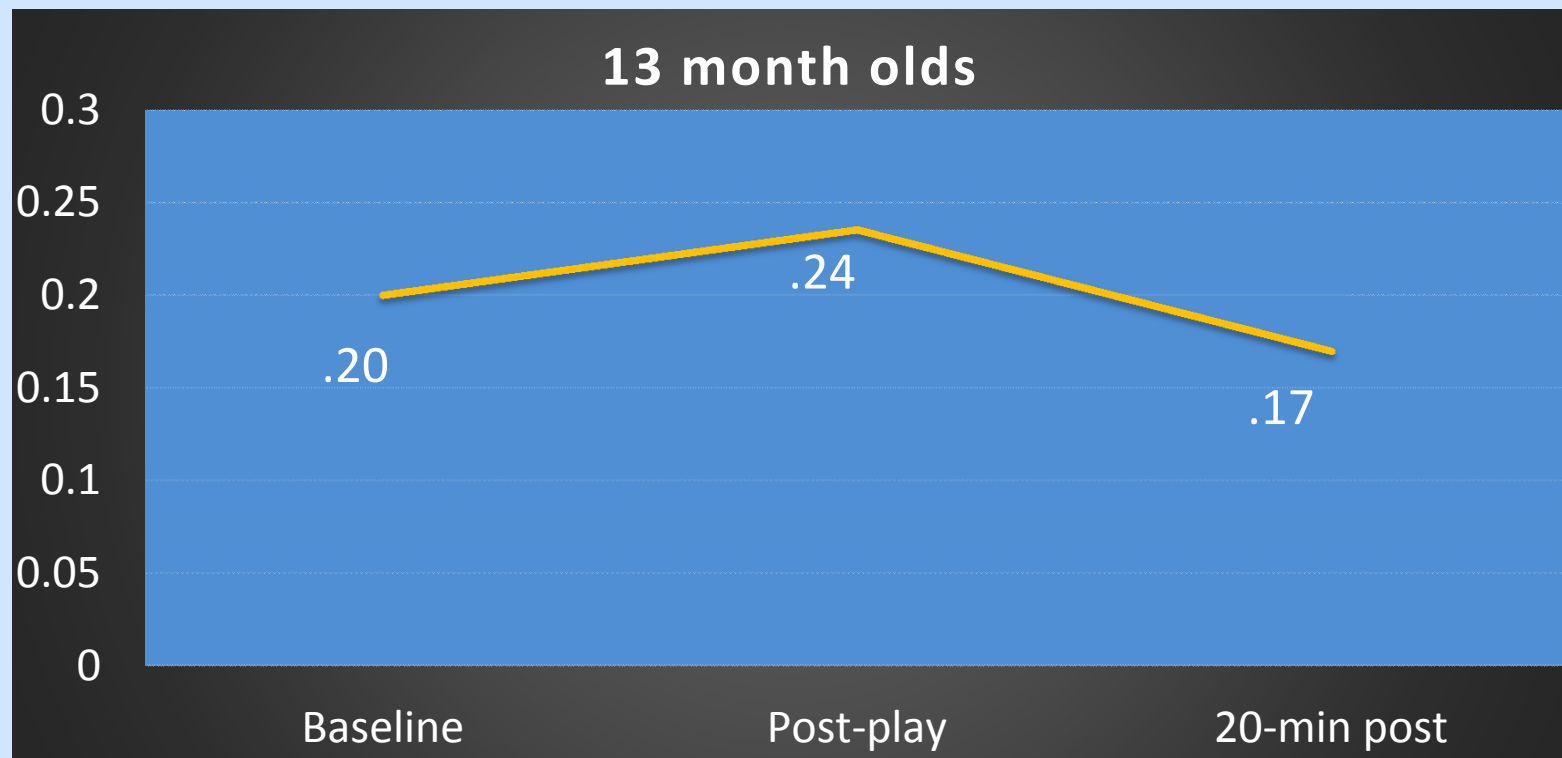
Infant cortisol during free play



Not significant

Hernandez-Reif, M. (2015). Infant and Toddler Cortisol levels during free play

Toddler cortisol during free play



Marginal cubic trend; $F = 4.50$, $p = .067$

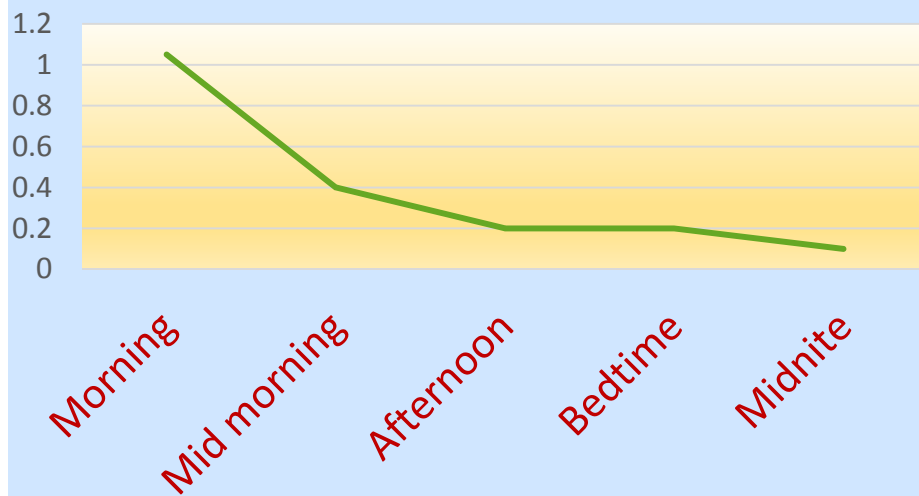
Play and cortisol levels



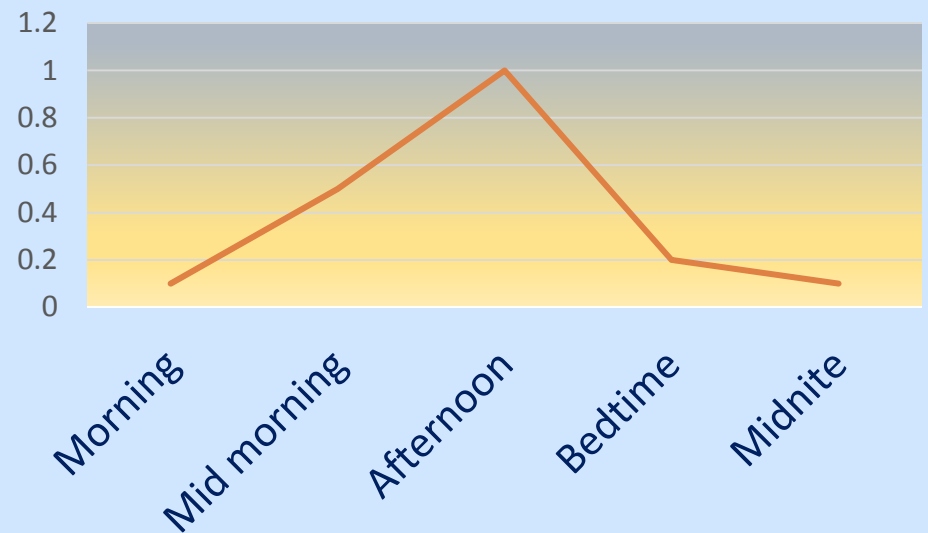
- Play does not appear to stress infants & toddlers.
- Playing alone does not affect stress levels.
- Playing one-on-one with a friend may be stressful for preschool age children.
- Free play in the classroom -- choosing activity and playmate(s) -- reduces cortisol stress levels in preschool age children.

Cortisol patterning at home vs school

At Home



Attend Childcare



Sumner, Bernard, & Dozier (2010); Watamura, et al., (2009)

Adults in the Playground Interfere with Children's Play



Kendrick, A., Hernandez-Reif, M., Hudson, C., & Jeon, H. (2012). Early Child Development & Care.

The Parent and Play

- Let children guide *YOU* in play. Pay attention to their cues....



<https://s-media-cache-ak0.pinimg.com/736x/31/a9/b4/31a9b434a100d4374680922b02df1aa5.jpg>

The Parent and Play

- It is all about the *process* and not the *product*



http://www.ct.gov/oec/lib/oec/earlycare/curriculum/early_childhood_guide.pdf



<http://mumsvillage.com/bloggers/6-lessons-on-love-from-my-children/>

The Parent and Play

- Plan activities that are fun for all ages



http://www.marascoranch.com/?page_id=30



<http://www.funleys.com/blog/5-tips-staying-fit-n-fun-family>

The Parent and Play

- Know which activities are appropriate for children



<http://www.imaginetoy.com/blog/hand-footprint-kids-art-projects>



<http://123kindergarten.com/tag/importance-of-reading-to-children/>



<http://www.sheknows.com/parenting/articles/813006/5-family-resolutions-you-should-make-this-year>



<http://www.mctgardenclub.org/event/mct-garden-club-february-meeting-topic-creating-childrens-gardens/>

The Parent and Play

- Be ready for children to change their minds or not want to play.



<http://theendinmind.net/boredom-buster-list/>



<http://f3y.com/how-to-encourage-your-preschooler-to-share-toys/>



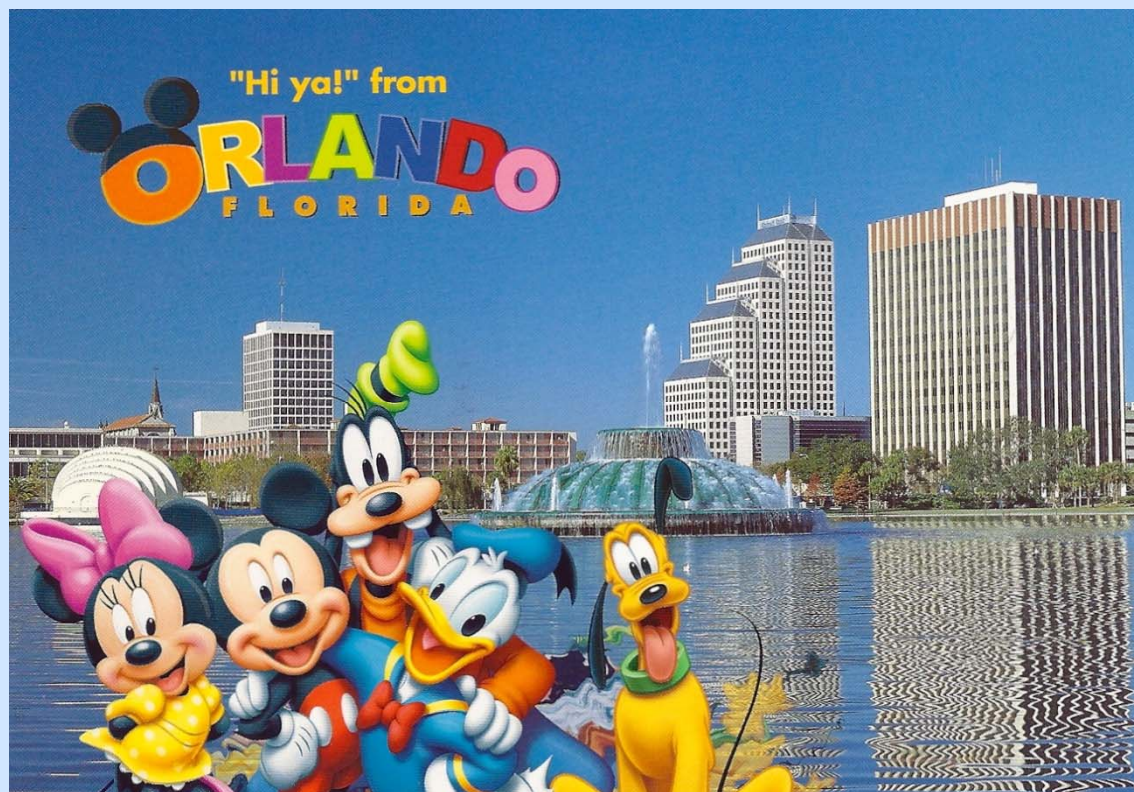
<http://theparentwithin.com/2014/12/why-do-children-fight-lessons-in-moral-development/>

Play together

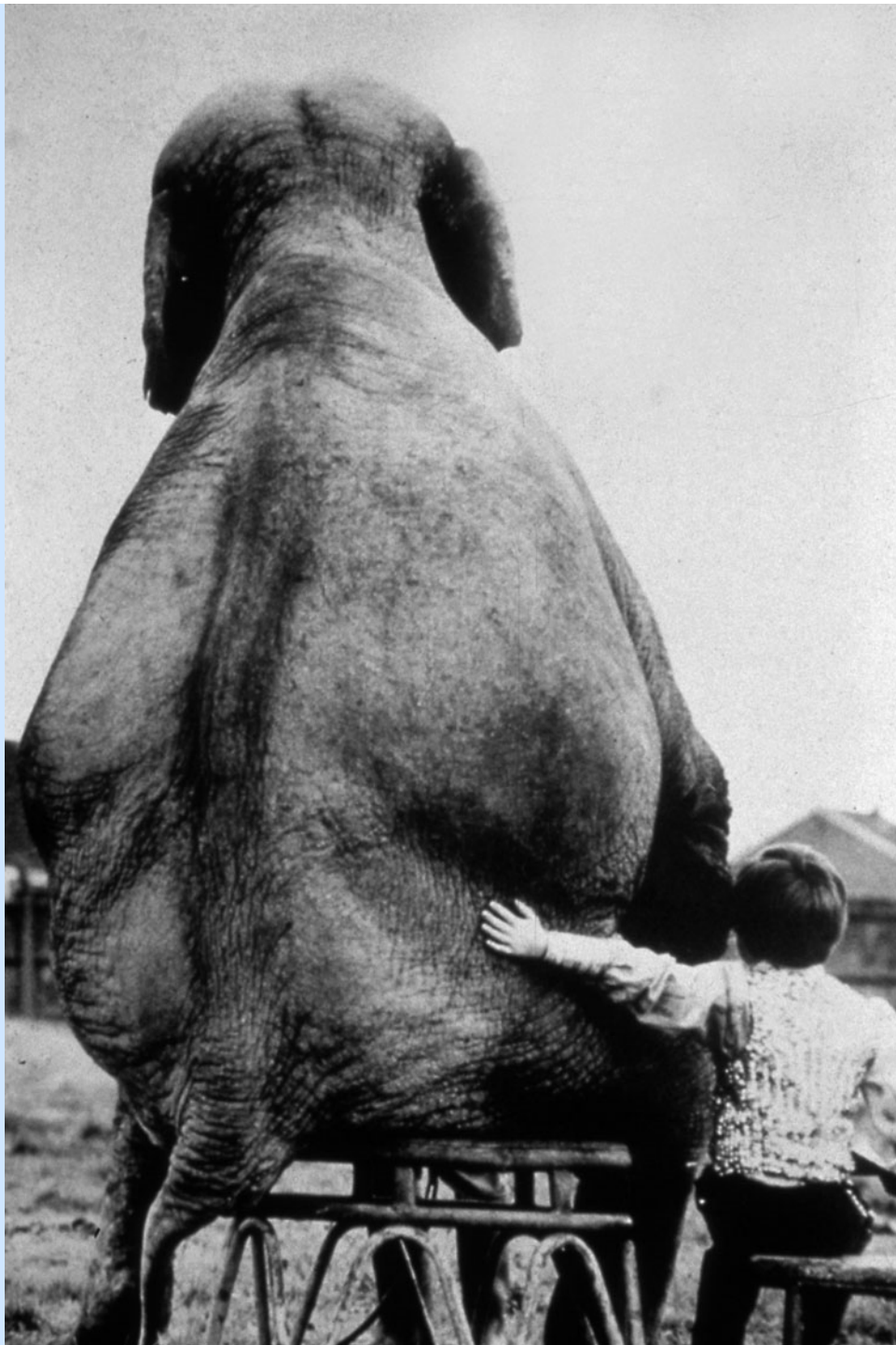
- helps the family bond
- builds confidence and skills when parents allow children to lead.
- is fun!



<http://101popular.com/family-playing-sports.html>



<http://myfavoritedisneypostcards.blogspot.com/2012/05/orlando-hi-ya.html>



This PowerPoint was presented at the Southeast Council for Family Relations (SECFR) Conference in Orlando, FL on 3/11/16 by M. Hernandez-Reif. The PowerPoint is distributed by MH-R only for educational purposes.

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