



## New Book Of Baby And Child Massage

*Robert Toporek*

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## New Book Of Baby And Child Massage Robert Toporek

This breakthrough guide to child and baby massage explains how, beginning in infancy, a child's vitality, self-confidence, behavior, and overall healthy development may be greatly enhanced by a few minutes of gentle massage by a parent on a regular basis. Here, easy-to-follow instructions and illustrations provide simple techniques for massaging babies, toddlers, and young children. Busy parents will appreciate the streamlined methods for performing effective massage in just five minutes, even if they've never done it before. **Robert Toporek** is creator and president of the Children's Project, which offers massage and other services to underprivileged children in the Philadelphia area. He trained at the Esalen Institute and with Ida P. Rolf, founder of the Rolf method of Structural Integration.

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