



## Nell Gwynn Nursery School

Peer Massage

### Peer Massage Project

- During May 2016 we received £2,000 from the NHS as a result of a successful funding application
- Our plan was to use these funds to undertake training on peer massage as a whole setting, deliver parent/carer workshops and cascade the training to other nursery schools
- We would devise a policy to ensure that staff, parents/ carers and other service users were clear on why massage was introduced and how it would benefit the children

## Our Aims

Promoting Emotional Wellbeing and Mental Health

- To promote positive touch and strengthen bond between children and practitioners
- To develop children's ability to become fully present in the moment, aiding relaxation
- To offer children a sense of peace and tranquillity within the nursery environment

## Peer Massage Training

- Lisa Butcher from Beormund Primary School trained our staff in how to use different massage techniques, placing a strong emphasis on children being asked if they would like a massage
- During our training we collaborated on devising a positive touch massage policy
- We identified massage champions, Falguni and Marie to play an important role in promoting massage within the school as well as across other settings
- Lisa Butcher's training and guidance has been invaluable and we are keen to ensure that other nursery schools benefit from peer massage training

### Peer Massage at Nell Gwynn

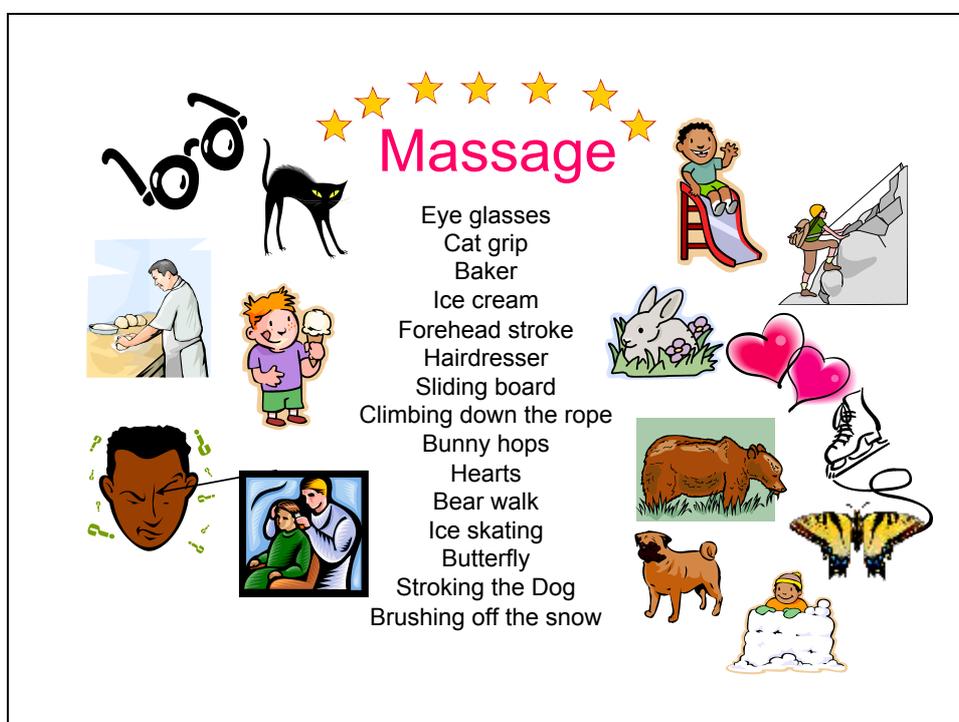
This term we are introducing massage at Nell Gwynn. Children in the nursery will have the opportunity to massage and be massaged on their head, neck, back, shoulders, arms and hands. Massage to soft music will take place before story time/group times so that children become relaxed and receptive, ready to learn. Children in the two year old provision and children who have special educational needs will have massage as and when needed.

Please note that children will remain clothed and we do not use oils.

#### Benefits of massage:

- Helps to provide an open, safe and secure environment for children to grow and develop
- Gives positive touch a context
- Develops children's ability to self-regulate
- Enables children to become familiar with appropriate forms of touch and develop their awareness of boundaries
- Empowers children and practitioners, strengthening the bond between them
- Develops fine motor skills, enhancing flexibility and dexterity
- Improves circulation
- Allows children to be fully present in the moment, aiding relaxation
- Supports children in building empathic, trusting and nurturing relationships with others
- Provides a foundation for intimacy where children receive the care, love and attention they deserve
- It offers children time and space to reflect, relax and unwind

Please see the Nell Gwynn website for our Massage Policy in English and Spanish:  
<http://www.nellgwynn.southwark.sch.uk/>



## Impact of Peer Massage

- The nursery appears to be a calmer environment since massage was introduced and children are able to articulate what they like and don't like in respect to being touched
- It has empowered children and they seem more confident to say no to something they don't like. Children with SEND seem to like the feeling of pressure being applied during massage and find it very relaxing
- In terms of personal and social development, the introduction of massage has contributed towards children making 1 or more steps of progress per term
- Children have displayed how much closer they are to other children through daily positive touch. They appear to be more empathic with one another and seek to physically comfort their friends, for example stroking a friend's face to soothe them

## Wider Impact and Future Plans

- Families are sharing what they know of massage spreading awareness throughout the wider community
- We intend to share peer massage with our colleagues in Sweden when we visit early years settings this coming May/June. As part of the Erasmus + project we are involved with we will be looking at how different aspects of a play based environment impact on children
- Parents/Carers have become involved through workshops and demonstrations. Ann Bernadt Nursery is due to have the training cascaded to them on the 18<sup>th</sup> April 2017

## Peer Massage at Nell Gwynn



## Nell Gwynn Massage Experts

Nell Gwynn Nursery has embraced massage as part of the daily routine and children have become skilled at using the different massage techniques.



Thank you  
for listening!

Massage has been  
transformational at  
Nell Gwynn and we  
hope that you  
consider introducing  
it into your settings  
too...

