



C2C

Respect through nurturing touch



C2C in Schools

Is part of the PSHCE Curriculum
Contributes towards the Healthy School Award

Improves social cohesion

Provides a positive tool against bullying

Supports the emotional curriculum of Every Child Matters and the Rights of the Child Act

Accreditation

Edgehill University accepts the massage instructors training as a module in their distance learning and foundation degree and masters

Accreditation for young people 14+

C2C peer massage can be used to obtain accreditation through the Wider Key Skills and Peer tutoring aspects

This can be used as part of the Certificate of Personal Effectiveness (C.O.P.E.)

Child2Child Peer Massage Programme

A peer massage programme, where children massage each other

Practiced through clothing

Restricted to the back, shoulders, head and arms

Set routines practiced on a regular basis (10mins)

Cross Curricular games developed by the teacher and children

Practiced under adult supervision within clear boundaries, discussed and understood by adults and children alike

Introduced by a qualified C2C instructor to adults and children

Stress Relief

Promotes relaxation

Based on respect

Empowering

Nurturing touch

For Further information please contact

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Benefits of C2C Peer Massage

Studies and observations have shown that:

- Children become calmer and have improved concentration.
- Children have more confidence and increased self esteem
- It teaches children to respect others and leads to social inclusion
- There is a reduction in bullying and aggression
- Emotional health improves
- It helps children recognise 'good' and 'bad' touch
- Children show improved motor skills
- It encourages visual and kinaesthetic learning



The teacher benefits from all these aspects

What Children say about C2C Peer Massage

“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”



What teachers and teachers assistants say

“The children really enjoy peer massage”

“I do not need an incident log since we started the massage”

“Thank you for giving me the training that has brought such benefits to the children”

“All my class thinks peer massage is great”



absolute energy



Child2Child Peer Massage