

## Massage in Schools Programme (MISP) 18/19

- Total number of parents attended = 92 (10 from Communication Centre)
- 93% of parents rated the programme as 5/5 for health and wellbeing
- 7% (6 people) rated as a 4 out of 5
- 98% of parents said that their children enjoyed the MISP
- 100% wanted to continue at home
- Only 2 parents felt that their children didn't really enjoy it but that they would continue at home as they could see the importance of the programme
- 9 parents of children from the Communication Centre rated the programme as 5/5 and the other parent rated 4/5

### Quotes from parents...

- "This is a great way to introduce positive relationships between individuals that encourages respect for each others bodies, creating a friendly and calm atmosphere."
- "Both girls enjoy MISP at home, they relax their mother with this and both parents enjoy. Girls also enjoy giving gran a massage."
- "It's helping my children bond with each other but is giving lots of quality time back to us all. C.... is very much a people pleaser and can be quite manic at other times but the massage is helping to settle and bridge the extreme times and is building her self-belief and confidence."
- "Very good impact trying out at home. Youngest son in particular is liking to do something nice for mum. He is really confident at doing it. Great idea."
- "A..... has been enjoying the sessions at school. I think he has built confidence as the weeks have gone on as he told me at the start he sometimes did not give permission but now takes part every session."
- "I look after my granddaughters 4 days per week and the MISP relaxes them and cools down friction between them at times."
- "H.... and I enjoy our time together massaging each other before bed time. De-stresses both of us, bringing us closer together."
- "Seems to be a positive programme to help encourage respect for each others bodies and promoting good relationships within the class."
- "Encouraging relaxation and stopping the 'rushing around'."
- "My daughter struggles with anxiety and this has really helped calm her down. It also helps soothe her when her senses are in overload."

### **Communication Centre (autistic children) – Parent Feedback**

- “Will be trying at home tonight. Will help to relax D.... at bedtime.”
- “Son is more relaxed at night.”
- “He is initiating physical contact, asking for massages and offering them too.”
- “My son enjoys massage time and it relaxes him and is good for bonding time.”
- “A.... has really enjoyed the closeness of massage and showing what she’s learned. It seems to really relax her if she feels anxious.”
- “Great idea for school. I think it is really positive.”
- “C.... enjoyed it and was very relaxed and helps build her confidence around other people.”
- “This is a great way to spend some quality time, one to one, relaxing with the kids.”
- “L.... enjoys receiving massage but not sure he will give it. Will certainly try and encourage him as he really gets anxious at times.”
- “My son has been upset by some things at school and his sister who has done massage in P6 gave him a massage and it really calmed him down.”

### **Teacher Comments**

- It’s an effective way to settle the class in the morning
- Lovely way to build relationships in a new class
- Good to see the children mixing their partners and engaging with children they wouldn’t normally interact with
- At the time of massage the children are calmer
- I have seen a difference when it is done in the morning rather than the afternoon
- Children are respectful and caring whilst giving the massage or getting one
- Children seem to be enjoying massage time