

The Secret to Premies Gaining Weight

Written by Diane Stacy

I write a lot about touch and how effective this simple thing can be to all of us. Research has shown that babies born prematurely will grow and gain weight at faster rates while being touched and held than premature babies who are not touched and held. According to [Massage Magazine](#), "New research shows tactile and kinesthetic stimulation contributes toward adjustment and self-regulation of behavior among preemies." Even now research is being done on what I think is a "given" that we all need to be touched by massage.

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