

# Stress reduction in children with autism spectrum disorder pediatric massage

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Stress reduction in children with autism Stress reduction in children with autism spectrum disorder through pediatric massage Autism is a disorder that is stressful both to the caregivers of the children and the children being cared for. To the caregivers, autism has a psychological implication of watching over the child more than one would have done for their normal counterparts thus interfering with the caregivers other activities of daily living, a fact that results to build up of stress. Autistic children are equally faced with stress following restrictions from what they believe would be normal but are prevented from doing. Reduction of stress among autistic children is thus a crucial health care intervention that would result in improvement of autistic childrens social wellbeing.

Pediatric massage is an alternative and contemporary treatment that uses massage therapy. This is the process of manipulation of the soft tissues that is intended to promote the health and wellbeing of the autistic child.

Massage takes into account each child's cognitive and physical development of the child as well as the health care needs thus able to relieve physical pains and psychological torment acting as a stress reliever when applied to autistic children (Shipwright & Dryden, 2012).

Research studies indicate that children with autistic spectrum disorder show less stereotypical autistic behavior and are more social and attentive after receiving a massage therapy. These children are equally less anxious after the reception of massage. Pediatric massage, when used by the caregiver, helps in strengthening the emotional bond between the caregiver and the child thus helps in reduction of stress each time the caregiver comes into a tactile association with the autistic child (Field, Diego, & Hernandez-Reif,

2007).

## References

Field, T., Diego, M., & Hernandez-Reif, M. (2007). Massage therapy research. *Developmental Review, 27*, 75-89.

Shipwright, S., & Dryden, T. (2012). Paediatric massage: An overview of the evidence. *Focus on Alternative and Complementary Therapies*.