

☀ Values

- Willingness to Try
- Simplicity
- Caring
- Selfless Service
- Commitment
- Social Emotional Learning

☀ Reflection Questions

Do you know anyone with back pain that you could share this story with?

What do you think Lynn means by ‘Baby Magic’? Why do you think babies have such a magical effect on people?

What kinds of stress reduction and relaxation techniques do you know about?

☀ Lessons Learned

Even busy people can find the time to do just “one more thing.”

When we help others, we can help heal ourselves.

There is a healing power of love that is experienced both by the giver and by the receiver.

Baby Magic

Lynn

New York

Twelve years ago, Lynn was a busy wife and mother of two teenagers, suffering from chronic back pain. Faced with the choice of back surgery or learning relaxation techniques to cope with stress, she opted for the program. Lynn found that in choosing to do just “one more thing,” she was able to heal herself while helping others - little babies in need of caring, human touch. Now, once a week after work, she spends two hours in the hospital nursery, lifting and lowering babies, feeding and diapering them. “Baby Magic has changed my life,” she says.

☀ Language Arts: SEL & Diversity

Invite a nurse to speak to students about how to care for newborn babies. Invite a health educator to teach a stress reduction class. Practice yoga exercises. Show students how to take their pulse before and after practicing relaxation techniques like yoga. Research the physiological / psychological benefits of massage and hugging others.

☀ Social Studies: Diversity

Research the incidence of back pain in America, the amount of absenteeism in the workplace and the estimated cost. Contact local rehabilitation clinics to learn about alternative treatments to surgery. Write a report on your findings. Investigate the incidence of babies born to drug-addicted mothers in the U.S. What kinds of illnesses are they more likely to have than healthy babies? What kind of pre-natal care do mothers need to nourish their baby before they are born?

☀ Community Service: Service Learning

Make baby gifts for underprivileged newborn babies: quilts, booties, hats, pillows, etc. Arrange for a tour of your local hospital nursery for students interested in volunteering. Organize a baby-sitting course for students including training in emergency care and CPR. Befriend a lonely person once a week for a month and watch the person change. Keep a journal to record the person’s progress each week. Find someone to continue the visits.