



## BENEFITS OF TOUCH



## 1. PRIMARY LEARNING TOOL

Touch is how we first learn about the world, as sensory inputs through our skin provide essential information about the environment.

## 2. EARLIEST DEVELOPING SENSE

Touch is the first sense to develop in humans, providing a foundational connection to the world.

## 3. LARGEST ORGAN

The skin, our touch receptors, is the body's largest organ, underscoring its significance in our sensory experience.

## 4. STRONGEST SENSE AT BIRTH

Touch is the most developed sense at birth, allowing infants to explore and connect with their surroundings.

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## **5. EFFECTIVE COMMUNICATOR**

Touch serves as a powerful means of communication, conveying emotions, comfort, and connection between individuals.

## **6. BIOLOGICAL INSTINCT**

Infants instinctively seek contact and stimulation through touch from the moment they are born, as it is vital for their development.

## **7. REGULATION AND STIMULATION**

Touch helps regulate and stimulate various reflexes and body systems, contributing to overall well-being.

## **8. MATERNAL INSTINCT VALIDATED**

The instinct of mothers to keep their newborns close and provide physical touch is biologically validated as a crucial aspect of nurturing.

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## 9. EXPRESSING LOVE

Touch is often the first expression of love, fostering emotional bonds between individuals.

## 10. SECURITY AND COMFORT

Tactile stimulation conveys a sense of security and comfort, promoting emotional well-being and reducing stress.

## 11. SUPPORTED BY NEUROSCIENCE

The importance of touch in our physical and emotional development is well documented in neuroscience. A lack of physical touch can lead to a failure to thrive, particularly in infants and young children, emphasizing the importance of touch in growth and development.

Incorporating these points, it's evident that touch plays a vital role in our physical, emotional, and cognitive development, serving as a cornerstone for our well-being and interpersonal relationships.

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