

Touch



POSITIVE TOUCH

Eye Contact

Smile

Attentiveness

Handshake

High Fives

Thumbs up

Friendly poke/jab (light no pain)

Pat on the back

Quick brush of the hand on head or shoulder

Friendly Winks

Pat on cheek

Quick Friendly Hug

Quick Kiss on cheek

Longer hug with back caress

Quick lip kiss

Long kisses

Intimate caresses/touch

Sexual Intimacy

NEGATIVE TOUCH

Distracted Attitude

Disinterested/ Disengaged

Avoid Direct Eye Contact

Frown or scowl

Grabbing

Push/ Shove

Any physical contact that causes pain

Spanking

Slap

Pinching

Hit

Smacking

Twisting/pulling arms

Forced contact of intimate nature

Rape

Choking Someone

Causing serious bodily harm

Rescuing Hug

This is a picture from an article called "The Rescuing Hug". The article details the first week of life of a set of twins. Apparently, each were in their respective incubators, and one was not expected to live. A hospital nurse fought against the hospital rules and placed the babies in one incubator. When they were placed together, the healthier of the two threw an arm over her sister in an endearing embrace. The smaller baby's heart rate stabilized and her temperature rose to normal.

Let us not forget to embrace those whom we love.

