



INFANTS



LIKE

MASSAGE

MASSAGE CLASSES FOR MOTHERS AND FATHERS

Massage and nurturing skin-to-skin touch is beneficial for:

- Bonding
- Learning baby's cues & body language
- Baby's healthy development
- Sleep and settling
- Colic and tummy troubles
- Parent confidence
- Relaxation - for both baby and parent

Who can attend?

All babies 0-9 months (pre-crawling) are welcome, whether hungry, sleepy, crying, happy or fussy

What do you need to bring?

A change mat or towel, extra nappies and remember to wear comfy clothes!

What can you expect?

A small, friendly group (a maximum of 6 babies)

Clear guidance, encouragement and support

Meet other parents and discuss common problems

Your own bottle of organic cold-pressed oil

Handouts to take home

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