

Would you like to learn how to massage your baby?

Short courses are available locally for babies aged 6 weeks - 9 months

Benefits for babies:-

Improved relaxation

Encourages longer and more settled sleep

Helps relieve colic, teething, constipation and wind

Stimulates all baby's major systems –co-ordination, respiration, digestion, learning ability and language development

Helps strengthen bond between baby and mother/primary carer

Benefits for parents:-

- Bonding and attachment
- Body, mind, spirit connection.
- Self-esteem and confidence in understanding your baby
- A sense of love, acceptance, respect and trust
- Communication

The following sessions are currently available in Findon Village during July and August:

- 4 week small group course, 1 hr per week in the trainer's home in West Chiltington or your home (up to 3 adults +babies)
- 1:1 4 week course, 1 hr per week in the trainer's home or your home

For booking and further information contact:

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Methods are used by trained and assessed instructor and endorsed by Royal College of Midwives

