

These sessions are open to all parents and carers with babies aged between 6 weeks to 6 months. (pre crawling)

£25 per course.

Course is run by
Certified Infant Massage
Instructor's (CIMI)

Anna

For more information and dates please contact

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Home
START

Support and friendship
for families

Baby Massage



Bond relax and communicate
with your baby through
nurturing touch

Benefits for Baby

- Promotes bonding
- Promotes secure attachment
- Uses all the senses
- Love
- Touch
- Empathy
- Can help improve baby's sleep pattern
- Can help relieve colic, constipation and wind
- Can help relieve stress and anxiety
- Can help increase baby's flexibility

Benefits for parents

- Better understanding of your baby
- Identifying and responding to your baby's cues
- One to one quality time with your baby
- Meeting new people



Parents feedback

- "My babies are calmer and more relaxed following a massage sessions"
- "The tummy massage helps to soothe her when she has trapped wind"
- "We really enjoyed the classes, and were made to feel welcome and liked the way the instructors explained the benefits of each massage"
- "Gave a chance for one to one time with my little boy , also it gave me the chance to speak with other mums"