

BABY MASSAGE

What is Baby Massage?

The Internal Association of Infant Massage course draws both the Indian and Swedish Baby Massage traditions as well as incorporating principles from yoga and reflexology. Our course teaches parents a sequence of rhythmic strokes and soothing holds which have been developed and refined over many years.

The four main areas of benefits are:

- Interaction and Bonding
- Relaxation
- Relief
- Stimulation

Massaging your baby provides a wonderful opportunity for expressing your love, whilst meeting the high need for touch and affection that is so essential for the healthy development of all babies.

Benefits for your baby:

- Helping baby feel securely attached
- Reduced crying and emotional distress
- Increased levels of relaxation
- Development of body awareness
- Relief from wind, colic and constipation

Benefits for you:

- Feeling closer to your baby
- An increased understanding of your baby
- Feeling the relaxing benefits of giving your baby nurturing touch

Baby Massage will be held within Struthers Primary School Starting Monday 5th March to Monday 23rd April Excluding Monday 2nd April and Monday 9th April.

1.30pm to 2.30pm

If attending baby massage please bring with you a towel or blanket and to help you feel more comfortable a pillow.

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