



BABY MASSAGE COURSE

4 week course starting on Friday 21st September 2018 1.30-2.15pm



Baby massage brings many benefits including relieving wind, constipation & colic and encouraging relaxation and better sleep.

During the 4 week course you will learn techniques to calm & sooth your baby. Each week we focus on a different body area. It's also a great way to make friends and feel supported!

Suitable age from 6 weeks to pre - crawling. Sessions are 45 minutes long.

Key Benefits:

- Baby develops a feeling of being loved & secure
- Develops mind, body awareness and co-ordination
- Relaxes muscles
- Helps alleviate trapped wind, ease constipation & relieve colic
- Relieves discomfort from teething
- Relieves nasal congestion
- Promotes relaxation for parent & baby
- Improved quality of sleep for baby
- Great way to meet other parents



Course cost: £20 (includes handout)

For more information & to book please contact us on 01784 424759,
email: clarendoncc@clarendon.surrey.sch.uk or ask a member of staff.