

Baby Massage Courses



**For babies over
6 weeks of age**

Limited places – mums & dads

**For more details or to book your place
call Mary Nyariki on 07852 997079**

The course runs for 6 weeks—it is free to families who live in the postcode WD25 followed by a 0, 7, or 9. For all others it is £45 per adult. This price includes all massage oil, stroke diagrams, handouts, refreshments, and farewell packs

Next Course : 04.06.09 - 09.07.09

**Group is run in the family room, on a Thursday morning
10.00am - 11.30am**

The courses are running at Leavesden Children's Centre, High Rd, Leavesden, Watford WD25 7QZ

PLEASE NOTE THERE IS NO PARKING ON SITE, FREE PARKING IS AVAILABLE IN A PUBLIC CAR PARK IN HAINES WAY (LESS THAN 5 MINS WALK TO THE CENTRE).

**Call Mary on 07852 997079
or visit www.pit-a-pat-a.co.uk for more details.**

To find out more about Leavesden Children's Centre or to ask about parking/ facilities call the Administrator (mornings only) 01923 484360.
www.hertschildrenscentres.org.uk/leavesden

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(Mary) I am an experienced and qualified Nursery Nurse and have worked in the childcare field for over 24 years. Until recently I worked with a team of Health Visitors as a Community Nursery Nurse. My role was to support parents and their babies/children in a variety of ways. Come along and try this course and see how wonderful baby massage can be!

The benefits of baby massage for baby:

- Smooths transition from the womb into the world
- Develops your baby's first language: touch
- Through positive touch a feeling of being loved, secure and respected is enhanced
- Promotes relaxation
- Improves the quality of sleep and helps to reduce 'fussiness'
- Helps to strengthen the respiratory system and regulate the digestive system
- Can help to reduce the discomfort of colic, wind and constipation
- Stimulates the nervous system whilst also encouraging good circulation
- Develops body, mind, coordination and awareness
- Improves skin conditions

For parents:

- Enhances your confidence in dealing with your baby's needs
- Helps you understand non-verbal communication
- Both you and your baby relax together
- Can help with postnatal depression
- If breastfeeding, lactation is promoted through stimulation of hormones
- Stimulates the hormone oxytocin, promoting nurturing instinct in both male and female