



BABY MASSAGE COURSE

Baby massage helps a parent to bond with their child. It will relax baby, and can help reduce colic and crying.

Each week you will learn a new stroke, practising each session until you build to a full body massage. You will also learn the benefits of massage, and cover topics such as ideal times to massage. The course is suitable for babies from 6 weeks old until crawling. You will be required to fill in a confidential medical form.

WHERE AND WHEN:

This course runs for 5 weeks. It starts on Friday 16th Nov until 14th Dec. Each session is held on 5 consecutive Fridays at 10-11.30am, Sessions are held in the Family room at Leavesden Children's Centre. (Parking is available in Haines way free car park). This course is run by professional, Nicky Pargeter of Tranquillbaby.co.uk. **You must book and pay in advance.**

COST:

The 5 sessions cost a total of £60 per adult, payable in advance by cheque. The cost includes all handouts and sunflower oil. 4 of the 8 places will be available free of charge to parents in receipt of benefit support*. All participants receive a free Leavesden Doidy cup. (*Evidence is required, - this excludes the child benefit that all parents receive).

You will need to bring a towel, a cushion and your own baby supplies (food/ nappies). Hot drinks are available at a small charge.

There are only 8 places per course.

Book now on 01923 484360