



Baby Massage

Baby massage is an enjoyable and fun experience for both baby and parent/ carer.

The benefits can include enhancing the bond between parent/ carer and baby, relieving colic, wind, constipation and teething pain, soothing restless babies and improving baby's sleep.

£25 for a 5 week course and includes booklet, hand-outs, oil and refreshments.

Courses are subsidised by the Children's Centre.

Concessions are available - please speak to Children's Centre staff if you think they apply to you.

BOOKING ESSENTIAL



For more information please contact
Sopwell & Verulam Children's Centre, Mandeville Drive, St Albans, AL1 2LE or
phone 01727 774090 or email admin.svcc@hertschildrenscentres.org.uk

A Sure Start Children's Centre