



Baby Massage Course

5 week courses: 1.15pm - 2.45pm

week 1
feet & legs

week 2
stomach

week 3
chest & arms



week 4
face & back

week 5
whole routine

Baby massage is an enjoyable and fun experience for both baby and parent/ carer:
Benefits include:

- can enhance bond between parent/ carer and baby
- can relieve colic, wind, constipation and teething pain;
 - can soothe restless babies;
 - can improve baby's sleep.

These courses are **FREE** and include a booklet, handouts, oil and refreshments.

You will need to bring a bath towel/blanket to lie baby on, spare nappies and usual drink (massage tends to make babies thirsty).

Please note babies should have had their 6-8 week check before beginning the course.

If you are interested in attending a baby massage course please contact
Kathryn for an application form.

Sopwell & Verulam Children's Centre
Mandeville Drive
St Albans,
AL1 2LE

tel: 01727 774090,
email: kathryn.puddy@watlingview.herts.sch.uk



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SureStart