

# Baby Massage

In partnership with Heather & Crich Toy Library

At Crich Glebe Field Centre  
Thursday's 10.00-11.30am

Enjoy a special time with  
your child



Learn the strokes safely along with other parents, with the opportunity to meet new people & swap advice.

A four week course costs just £40; with the option of an extra week for £10, which can be used as either a top up, drop-in taster or refresher session.

Baby massage is practiced by many parents/carers & has been shown as beneficial for both parents & child by:

- Developing carers confidence in handling their baby
- Regulating digestive, respiratory & circulatory systems
- Helping carers understand their baby's non verbal communication
- Developing co-ordination

- Helping carer & child to relax and relieve stress
- Promoting more sound & longer sleep
- Reducing the discomfort of wind, colic & constipation
- Enhance baby's feelings of being loved.

You need to bring a drink, nappy changing things & towel for your baby.

The special oils needed will be available to buy from Heather.

The baby massage runs on same morning as the Child Health Clinic (9.30 -11.30am) so you can come along & get your baby weighed before the session.

**NB: Refreshments provided**

Babies will need to have had 6 week check with GP & the ideal age is between 6 weeks & the crawling stage



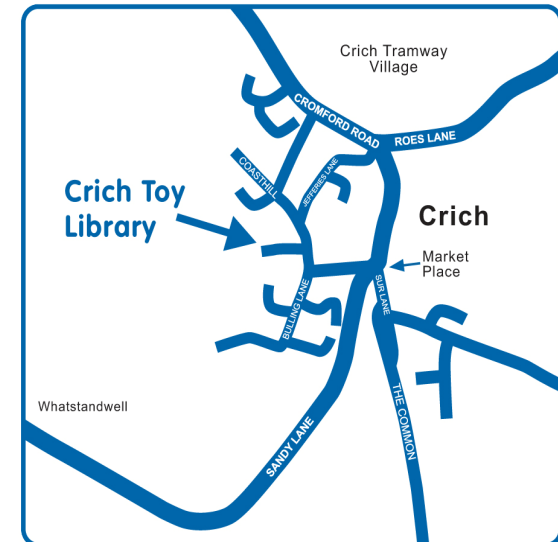
All booking should be done through Crich Toy Library & payment must be received prior to the beginning of the course. (NB: Cheques should be made payable to Heather Reeve)

For further details please contact Crich Toy Library:

☎ 0845 009 3019

✉ [info@crichtoylibrary.org.uk](mailto:info@crichtoylibrary.org.uk)

For more information or queries relating to baby massage please contact Heather Reeve, NNEB & qualified "Touch Learn" infant massage teacher on ☎01332 722942 or 07717086743



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