



Sign up for our

BABY MASSAGE COURSE

With Gateshead Family Learning

Possible benefits of the course

- *Reduction of colic, wind and constipation
- *Promotes bonding, interaction and communication
- *Induces a longer sleep



Baby massage is a parenting tradition practised in many cultures and was introduced in the UK 1990. During the course you will be shown a massage routine for legs & feet, stomach, chest, arms & hands, face and back. You will also be shown gentle movements, a routine for the relief of colic.



Course venue: St. Chad's Community Project

Course dates: Tuesday 12th September 2017- 10.00a.m – 11.00am
Tuesday 31st October 2017 -10.00am – 11.00am

Price £15 per course. (5 weeks)

Ideally, your baby will be 6 weeks old but massage is wonderful from any age. Babies are welcome to come until their mobility becomes too much of a challenge.

To book your place contact:

If you have any other queries please contact Louise Fisher on 0191 433 8549

louisefisher@gateshead.gov.uk

or

Family Support on 0191 4901032 familysupport@stchadscommunityproject.org