

MUMS, DADS,
GRANDPARENTS
ALL WELCOME!

CatholicCare
Diocese of Broken Bay

INFANT MASSAGE - FIRST TOUCH PROGRAM

A six week program for babies up to the age of 12 months.



Friday's

17 May - 21 Jun 2019
1 Nov - 6 Dec 2019
10.00am - 12.00pm



Waitara Family Centre
29 Yardley Avenue



\$60

This group is run by a certified Infant Massage Instructor and endorsed by *Baby in Mind*. It is a small, relaxed group. You will learn how to massage and soothe your baby and support your baby's development. You will also learn how to adapt massage techniques to older children. The program aims to enhance the relationship you have with your baby through building healthy attachment and bonding.

You will have the opportunity to meet other families. Anyone who is primary carer to the baby is welcome to come along. Maximum 8 adults per group – so get in quick!

What to bring: Towel for your baby to lie on.

What will be provided: Blankets, washers, pillows and massage oil.



**BOOKINGS ARE
ESSENTIAL**

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Waitara Family Centre
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Please contact Elisha if you are experiencing financial difficulty.

babyinmind.org.au | catholiccaredbb.org.au