

Learn to massage your baby

with the 5-week IAIM *First Touch Program™*

Why infant massage?

Massage and nurturing skin-to-skin touch can help with:

- * bonding
- * learning baby's body language
- * baby's healthy development
- * sleep and settling
- * colic and tummy troubles
- * parent confidence
- * relaxation – for both baby and parent

And it's FUN!

What do you need?

A towel, extra nappies and remember to wear comfy clothes

Who can attend?

Babies 0-9 months (pre-crawling)

What can you expect?

- * A small, friendly group (a maximum of 6-8 babies)
- * Clear guidance, encouragement and support
- * Meet other parents and discuss common problems

Cost: \$200 – includes your own bottle of organic cold-pressed massage oil and handouts

When: 5 x weekly sessions of 1-1.5 hrs

Where: Various venues: North Shore, Lower North Shore (and Northern Beaches)

Bookings essential – no drop-in sessions

Contact: Jane 0408 617 653

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www.justyouandmebabeinfantmassage.com

Private lessons (\$250) in your home also arranged



Just you and me, babe
INFANT MASSAGE