



BABY MASSAGE

WHAT IS BABY MASSAGE?

Baby Massage is a very special art of using nurturing touch through a specifically designed series of strokes which combine Indian and Swedish massage, reflexology and some gentle yoga stretches.

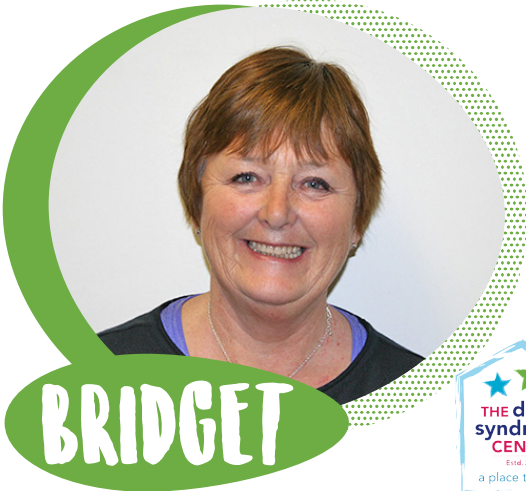
During the class these strokes are demonstrated on a doll, while parents massage their babies. Massage touch helps baby to feel safe and secure in their new world.

All classes are carried out by a fully qualified baby massage instructor.

HOW CAN BABY MASSAGE HELP?

Research has shown that early one to one contact with your baby will have lasting positive effects.

- Massage greatly enhances the early bonding relationship between parent and baby
- Helps with colic and wind
- Relaxes baby and can help soothe in preparation for sleep
- Can build immunity and aid in weight gain where necessary
- Direct eye contact with your baby during session helps develop attention and anticipation
- Lots and lots of fun through song and rhyme



BRIDGET is an experienced nurse who has specialised in early intervention for children with Down syndrome. Bridget worked with Carmona Services for over 30 years, where she supported parents in the family home providing support and guidelines in early development. She went on to study and qualify in Baby Massage in 2006 in which she has an internationally recognised qualification.

BOOKING INFORMATION

Baby Massage classes run on Monday mornings three to four times a year and offers a lovely opportunity to meet new parents starting the same journey in a relaxed environment.

"It's a wonderful time for connecting with each other and allowing opportunity to take time out and be with baby."

Bridget Grimes

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| AGE GROUP: | 6 weeks to pre-crawling |
| GROUP SIZE: | 5-6 babies |
| TIME: | 10.00am – 12.00pm (which includes refreshments and time for a chat) |
| COURSE: | 5 week course |
| COST: | €50 for the course |

To register your interest please call us on

(01) 661 8000 or

email info@downsyndromecentre.ie

For more information see our website

www.downsyndromecentre.ie

THE DOWN SYNDROME CENTRE - a place to thrive.