



Infant Massage Courses (0 - 7 months - Booking Essential)

Learn how to communicate with your baby through gentle touch and massage in a relaxed environment. Infant Massage has many benefits and can relax both parent and baby, help assist with parent and baby bond, calm and relieve pain whilst helping with constipation or colic. It may also lower stress and help sleep whilst boosting baby's immune system.

Autumn / Winter 2023

Monday	Start Date	Venue
10.00am	11 September	Longhill Family Hub
10.00am	18 September	Rainbow Family Hub
2.30pm	11 September	Octagon Family Centre
Tuesday	Start Date	Venue
10.00am and 11.00am	19 September	Little Stars Family Hub
1.30pm	26 Sept and 7 Nov	Lemon Tree Family Hub
Wednesday	Start Date	Venue
10.00am	20 September	Marfleet Family Hub
10.00am and 11.00am	27 September	Acorns Family Hub
11.00am	4 October	Fenchurch Family Hub
1.30pm	1 November	Parks Family Hub
Thursday	Start Date	Venue
10.00am	14 September	Mersey Family Hub
10.00am	9 November*	Priory Family Hub
1.00pm	14 September	Acorns Family Hub

*Includes a GroBrain Baby programme. GroBrain focusses on bonding and brain development, and the vital part parents and carers play in 'wiring up' the connections in your baby's brain in their first 1001 days of life.

