

# **Baby in Mind - Infant Massage First Touch Program - 4 week group**



- + Learn different types of gentle touch**
- + Gain confidence in using voice & movement with your baby**
- + Learn ways to help soothe, settle & comfort your baby**

**WHEN :** Tuesdays 22<sup>nd</sup>, 29<sup>th</sup> November & 6<sup>th</sup>, 13<sup>th</sup> December, 2016

**TIME:** 1.00 pm -2.30pm

**WHERE:** Umina Beach Yoga Studio, 305 Trafalgar St, Umina

## **WHAT TO BRING:**

- ❖ Please wear comfortable clothing
- ❖ Waterproof under mat for baby
- ❖ Pillow or soft mat for your baby
- ❖ Extra blankets to keep baby warm
- ❖ Anything else your baby may need

**COST:** \$50 per family (concessions available) – to be paid in cash first week

Your facilitators: will be Liz Poole and Deb Patrick. " We are both passionate about the well- being of babies and their families and together bring many years of experience in supporting families. Deb is a midwife and child health nurse. Liz is a midwife and social worker.

We are both nationally accredited Infant Massage Instructors. ([www.babyinmind.org.au](http://www.babyinmind.org.au))

We look forward to meeting you and your baby (6 weeks to crawling)

To book now & enquiries please call or message Deb on 0447447818

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