



Child and Family Centre

# Infant Massage

Birth - 6 months

Learn the benefits of infant massage in this five-week introductory program. Through massage, your baby may experience improved digestion, better sleep, and stress relief. It is a gentle way to connect with your baby and with other parents in a supportive environment.

New strokes are taught each week, while repeating those learned in previous classes. Handouts clearly demonstrating each stroke are provided, enabling parents to practise between sessions. Topics of interest to parents such as crying, sleep, stress management are also discussed.

