



Baby Massage

Are you interested in Learning how to use touch and massage to support your baby's development?

Massage has been shown to reduce crying time, improve sleep and reduce levels of stress hormones in babies

This **FREE** 5 week program will cover how to:

Use healthy & gentle touch to help soothe, settle & comfort your baby

Gain confidence in using voice, movement & other forms of communication with your baby and to also understand & respond to your baby's cues

This program will run from the 5th of November until the 6th of December, Friday morning's from 10am until 11:30am in the Keithcot Farm Children's Centre community room.

Mel is a qualified cue based infant massage and parent education facilitator.

Places are limited, contact the centre to book your spot on 8251 2700 or email nathan.mcguinness3@sa.gov.au