

Join us for 4 sessions
of **Infant Massage**
with your baby.

You will learn
techniques which:

- ♥ Help you and your baby relax
- ♥ Help you comfort your baby
- ♥ Give you more ways to enjoy play with your baby
- ♥ Help you read baby's moods
- ♥ You can use as your baby grows and changes

Brought to you by:



240A Shuswap St.
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Infant Development
Program



Infant Massage

**Sessions will begin once we
have heard back from
interested parents/caregivers.**

Penny Ogasawara and
Tammy Corston have completed
Infant Massage training to
become certified with the
International
Association of Infant Massage.

**Please call them @
(250)833-0164 ext. 3
or
Email: idp@shuswapchildrens.ca**

Snacks will be provided.

INFANT MASSAGE

♥ RELAXES AND SOOTHES

Nurturing touch is a naturally rewarding way to relieve stress for you and your baby. It can provide relief for your baby's tummy discomforts!

♥ HELPS BABY SLEEP BETTER

Massaging your baby releases stress which means more rest for baby and you. Everyone feels better!

♥ CONTRIBUTES TO DEVELOPMENT

Massage stimulates growth and the healthy development of your baby's body, mind and spirit.

♥ DEEPENS BONDING

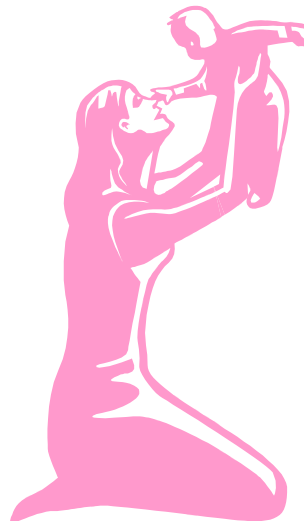
It give essential one-on-one time that will enhance your bond with your baby

♥ IMPROVES COMMUNICATION

Infant massage increases your confidence and ability to understand your baby's cues and needs.

Infant Massage

"Being touched and caressed, being massaged, is food for the infant; food as necessary as minerals, vitamins, and proteins."
~ Dr. Frederick Leboyer



BEFORE YOU BEGIN:

- ♥ Make sure your baby is warm and comfortable
- ♥ Undress your baby
- ♥ Make eye contact and ask permission
- ♥ Spread oil on your hands to signal massage time (oil will be provided)
- ♥ Relax and breathe deeply
- ♥ Talk and sing to baby as you massage

SESSION OUTLINE:

- ♥ Introductions
- ♥ Learning a new stroke
- ♥ Stroke Review
- ♥ Nutritional Break and Discussion
- ♥ Circle Songs & Good-byes