

Baby Massage

For 0 – Crawling Age Babies

To access this courses you must be a
Hackney resident parent



For you

- Feeling closer to your baby
- Gaining a deeper understanding of your crying and body language
- Providing an enjoyable opportunity to spend one-to-one time with your baby
- Feeling the relaxing effects of giving your baby a massage



For your baby

- Helping your baby to feel securely attached
- Helping your baby to feel more loved, valued and respected
- Reduced crying and emotional distress
- Increased levels of relaxation and longer sleep

Start: Monday 11th Sept 2017
(5 weeks)

Time: 1.00—2.00pm

£5 deposit for 5 session

It will be refunded,
if you attend 5 sessions

At Sebright Children's Centre

Baby Massage is a lovely way for you to express your love and care for your baby. Massage can soothe your baby and help to sleep at night.



LOCATION: Sebright Children's Centre
Haggerston Park
Queensbridge Road
London E2 8NP

TO BOOK YOUR PLACE:

Tel: 020 7749 1210 || **Mob:** 07766923838

Email: nsamji@sebright.hackney.sch.uk

Please Turn Over -->

Baby Massage

For 0 – Crawling Age Babies

To access this courses you must be a
Hackney resident parent



For you

- Feeling closer to your baby
- Gaining a deeper understanding of your crying and body language
- Providing an enjoyable opportunity to spend one-to-one time with your baby
- Feeling the relaxing effects of giving your baby a massage



For your baby

- Helping your baby to feel securely attached
- Helping your baby to feel more loved, valued and respected
- Reduced crying and emotional distress
- Increased levels of relaxation and longer sleep

Start: Monday 11th Sept 2017
(5 weeks)

Time: 1.00—2.00pm

£5 deposit for 5 session

It will be refunded,
if you attend 5 sessions

At Sebright Children's Centre

Baby Massage is a lovely way for you to express your love and care for your baby. Massage can soothe your baby and help to sleep at night.



LOCATION: Sebright Children's Centre
Haggerston Park
Queensbridge Road
London E2 8NP

TO BOOK YOUR PLACE:

Tel: 020 7749 1210 || **Mob:** 07766923838

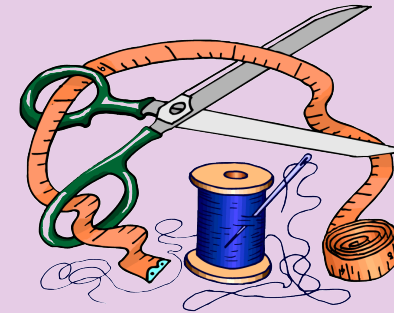
Email: nsamji@sebright.hackney.sch.uk

Please Turn Over -->

Sewing Course

(Term time only)

Sebright Children's Centre
Haggerston Park
Queensbridge Road
E2 8NP
Tel: 0207 749 1210



ALL FREE

- >Bag Making
- >Making a Easter soft toy
- >Making lavender bags
- >How to use patterns and make them
- >Making home wall decorations
- >Patch work cushion making

AND MUCH MORE!!

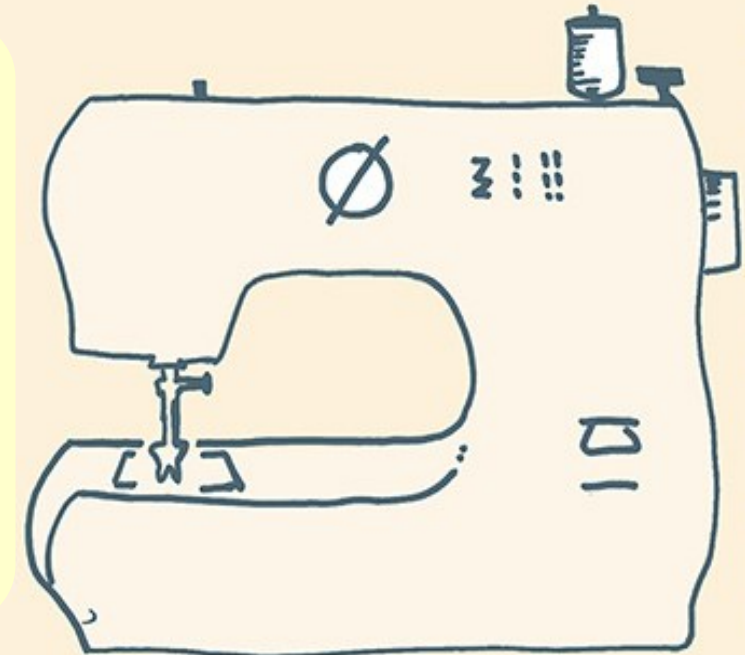
Every Tuesday's

1.00-3.00pm

Start: 12th Sept 2017

(12 weeks)

No crèche



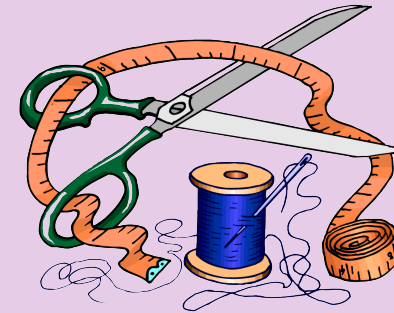
For booking and more information - please call Sebright Children's Centre on 020 7749 1210

Please Turn Over -->

Sewing Course

(Term time only)

Sebright Children's Centre
Haggerston Park
Queensbridge Road
E2 8NP
Tel: 0207 749 1210



ALL FREE

- >Bag Making
- >Making a Easter soft toy
- >Making lavender bags
- >How to use patterns and make them
- >Making home wall decorations
- >Patch work cushion making

AND MUCH MORE!!

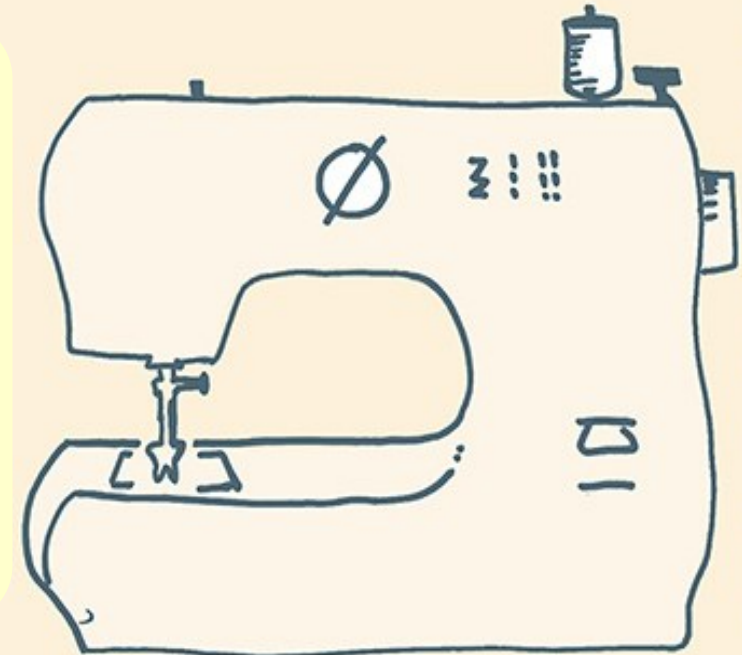
Every Tuesday's

1.00-3.00pm

Start: 12th Sept 2017

(12 weeks)

No crèche



For booking and more information - please call Sebright Children's Centre on 020 7749 1210

Please Turn Over -->