

Baby Massage

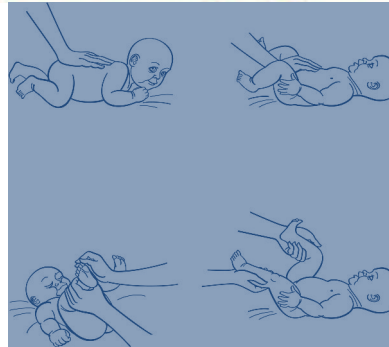
For 0 – Crawling Age Babies

**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

Every Friday Afternoon

Start date : TBC by tutor

for 5 weeks

Time: 1.00—2.30pm

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.

TO RESERVE YOUR PLACE:

LOCATION:

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

Tel: 020 7749 1210