

## FREE INFANT MASSAGE PROGRAM FOR PARENTS

**Date:** 5 X Saturdays - 17<sup>th</sup> February to 17<sup>th</sup> March

**Time:** 10:30 - 12:30am

**Place:** The Infants Home  
17 Henry St, Ashfield

**Register with Alicia on 9799 4844**



### SESSION OVERVIEW

Infant massage is appropriate for babies up to 6 months old. It promotes relaxation and bonding for both parent and infant. The instructor will massage a doll to demonstrate the technique. Parents are invited to massage their own infant. If your infant is sleeping or unhappy, a doll will be provided to practice. Massage techniques are used by the International Association of Infant Massage (IAIM).

### WHAT TO BRING

Please bring a towel and pillow for your baby to be massaged on.