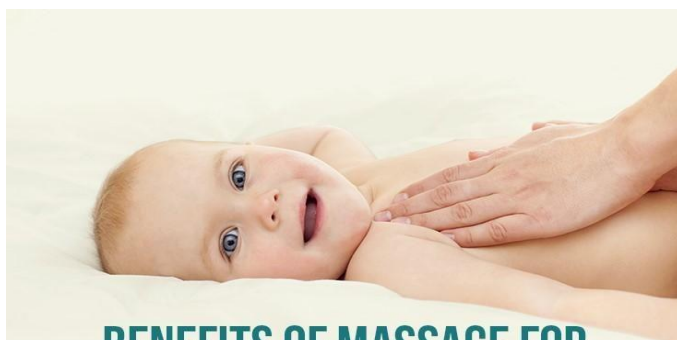


## Baby Massage



### **BENEFITS OF MASSAGE FOR INFANTS, BABIES AND CHILDREN**

1. Provides a special time of communication that fosters love, compassion and respect
2. Improves general well-being
3. Provides an intimate time for children to confide in parents
4. Improves overall functioning of the gastrointestinal tract
5. Promotes relaxation and helps babies self-regulate calm, which reduces crying
6. Helps normalize muscle tone
7. Improves circulation
8. Helps improve sensory and body awareness
9. Helps baby/child sleep deeper and more soundly
10. Helps with congestion, gas and colic

**Classes are running**

**Thursdays 10.00-12:00**

**at Kitts Green Children Centre,**

**B33 9RB**

**To book or find out more please contact**

**Paige Field, Together for Families Worker on**

**07974255966 or 0121 752 1282**