

## INFANT MASSAGE

**A five week program for pre-crawling babies aged 0 – 7 months.**



**Monday's**  
from 5 February  
to 5 March 2018  
12.30pm - 2.00pm



**Naremburn Family Centre**  
40 Merrenburn Avenue,  
Naremburn



**Cost**  
Gold coin donation

We all need touch and with it, babies thrive. Run by Katie Hunter, a certified *Infant Massage* Instructor (IAIM), *Infant Massage* offers a range of benefits that come with massage and nurturing skin-to-skin contact.

Infant massage is beneficial for:

- Bonding
- Learning baby's body language
- Baby's health development
- Sleeping and settling
- Colic and tummy troubles
- Parent confidence
- Relaxation.

We provide:

- Your own bottle of organic cold-pressed oil
- Towels, cushions and blankets
- Morning tea
- A folder for weekly handouts.

**BOOKINGS ARE  
ESSENTIAL**

Naremburn Family Centre  
P: (02) 8425 8700  
E: [nfc@catholiccaredbb.org.au](mailto:nfc@catholiccaredbb.org.au)

Come and enjoy the small group environment and connect with others in the community. Mum's and grandparents – all welcome!