

Baby Aware & Massage



Teacher: Tania Gallindo, mCNHC, Dip Well Mother

Friday 10.45 to 12.00

Baby massage is an ancient practice that has been used by parents the world over but only recently has become recognized as an important and beneficial practice in western societies.

This course aims to make you feel confident about massaging your baby with and without clothes. You learn how to touch your baby in a soothing, reassuring and calming way. You also learn how to connect with your baby by listening to and holding your baby with confidence.

Benefits of baby massage include:

- The ability to communicate with your baby through touch
- Assists you to understand your baby's behavioural states and the cues, helping your baby gain longer periods of more settled awake and sleep states
- Encourages your baby to develop strength, flexibility and suppleness and to develop greater body awareness
- Assists with the relief of pain from congestion, colic, digestive discomfort and other ailments of infancy
- Gain further confidence in your natural parenting ability

Premature and special needs babies:

- Promotes muscle tone and body awareness particularly important for this group of babies
- Massage enhances developmental and physical progress. Regularly massaged babies sleep better and gain weight faster.

The course will:

- Address different areas of your baby's body. This is followed by yoga stretches, joints rotations, acupressure points, rocking and various other massage techniques.
- Be accompanied by clear hand-outs covering what has been learnt.
- Consist of 4 classes (each 1-1½ hours in duration)

Cost: £60 for 4-class course if more than 4
£80 for 4-class course if there are less than 4

To book or for information email bookings@boco-uk.com or call 020 8399 3930

About the teacher:

Tania has been teaching infant massage for over 10 years. She trained as an infant massage therapist at Well Mother in Bristol and holds a diploma in Holistic Care in Pregnancy, Birth and Babyhood. She is also a registered Craniosacral Therapist and Shiatsu Practitioner specialising in working with pregnant women, mothers and babies.



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