

Baby Massage Course

Benefits for you:

- Feeling closer to your baby
- Gaining a deeper understanding of your baby's cues and behavioural states
- Providing an enjoyable opportunity to spend one-to-one time with your baby
- Feeling the relaxing effects of giving your baby a massage



Benefits 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

**For babies from
new-born to pre-crawling**

**This course is free of charge but you
must be a
resident Hackney parent**

**Mondays
Start: 13th January 2025
for 4 weeks
Time: 1.30 pm—3 pm
At Millfields Children's Centre**



LOCATION:
Millfields Children's Centre
Elmcroft Street, London. E5 0SQ

TO BOOK YOUR PLACE:
E-mail us at
ccinfo@millfields.hackney.sch.uk
Please give your name, baby's
name ,DOB, postcode and contact
number.