

# 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: 20 April 2026  
for 4 weeks  
Time: 1.30 pm—2.30 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](mailto:ccinfo@millfields.hackney.sch.uk)  
Please give your name, baby's  
name ,DOB, postcode and contact  
number.