



Local Infant Massage Classes

Parents and babies from
6 weeks to 6 months
are invited to join us for a
FREE
five-week infant massage
course.

If you would like to attend a course please
speak to your local health visitor or contact
the Perth & Kinross Council Parenting Team
on 01738 477697 for more information.

1:1 courses may also be available if required.

Each class lasts
approximately
1½ hours and is
delivered by a
friendly trained
International
Association of Infant
Massage instructor.



Infant Massage is the positive nurturing touch that builds on the bonding and relationship between parent/carers and child. It also promotes communication through positive touch including cuddles.

It has particular benefits for:

- *helping parents/carers to become more aware of their baby's non-verbal cues;*
- *babies who are irritable because of indigestion, colic, constipation or wind;*
- *babies with additional needs;*
- *mothers who suffer from or may be at risk of Post Natal Depression;*
- *helping parents and babies to relax. Infants who learn to relax and release stress, may sleep sounder and longer.*

What parents say:

"I now know what touches my baby does and doesn't like"

"Massage really helps her relax"

"I learned to help with my baby's sore tummy"

"I think both twins feel more secure when massaged and I feel more connected with them"

"The class was very friendly and the instructor was down to earth"

For more information about:

- *infant massage - visit the IAIM website at www.iaim.org.uk*
- *Perth & Kinross Council Parenting Team - visit the Council website at www.pkc.gov.uk/parenting*

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.