

Infant Massage



5-week programme for babies 6 weeks to 6 months. Available at locations throughout Perth and Kinross.

Topics covered:

- *Massage Techniques*
- *The benefits of massage*
- *The importance of nurturing touch*
- *Brain Development*
- *Language Development*
- *The benefits of Introducing books to babies*
- *The use and benefits of using Treasure Pouches, an interactive tool - these will be given to parents*
- *There will be time for discussion and information sharing*

**Additional follow-on week will be available to cover introducing solids.*



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

1:1 courses may also be available if required.

Infant Massage is the positive nurturing touch that builds on the bonding and relationship between parent/carer 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"



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.

Parenting & Family Learning Team
Education & Children's Services
Perth & Kinross Council
Balhousie Primary School
71 Dunkeld Road
PERTH
PH1 5DH
Email **Parenting@pkc.gov.uk**
Tel **01738 477697**