

Baby Massage

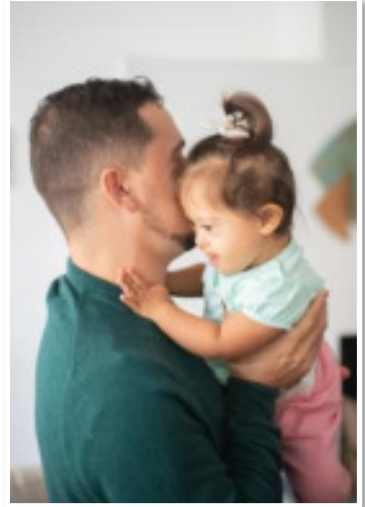
is a 5 week **FREE** course
for babies from birth until crawling



Come and join us for fun, relaxing and bonding sessions using easy to learn soothing movements that can help your baby's development.

What is the aim of Baby Massage?

Our baby massage courses aim to support your bond with your baby through easy to learn, gentle and positive movements whilst enjoying relaxing and special one to one time together. It can help you to learn to recognise and tune into your baby's cues and help meet their needs, helping you to feel more bonded with your baby. This can help you feel more confident in your parenting, especially when things are overwhelming. Massaging your baby can also help with their physical, neurological and emotional wellbeing and development. During the course you'll meet other local parents all and share your journey together.



The benefits of Touch

Before babies are able to understand language, we often communicate and comfort them through touch. If a baby cries, parents will hold, cuddle or stroke them. Baby massage is part of this natural impulse. Massaging your baby with gently rhythmic strokes can also help to soothe you and help you bond with your baby. Babies often cry less and are less fretful during and after being massaged.

Baby massage is a long standing parenting tradition in many cultures across the world. It helps your baby feel securely attached to you, feel loved and also helps with relief from colic or gas discomfort.



Massage is also beneficial to a baby's growth and physical bonding.

“Massage helps foster healthy self-esteem and neurological development.”



Benefits of baby massage for you and your baby;

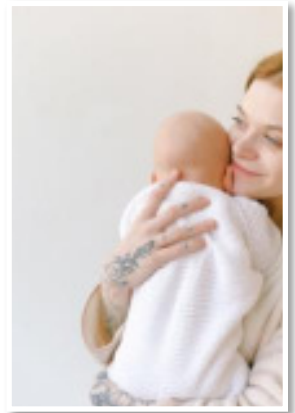
- **Confidence:** Becoming more confident in handling your baby and better at recognising their needs.
- **Improved positive interactions:** with your baby.
- **Improved bonding:** Massage is a great way for you, family members and siblings to bond with your baby.
- **Improved sleep:** massage can soothe your baby and help them to sleep.
- **Physical benefits for your baby:** improving weight gain, aiding digestion, improving circulation, and easing teething pain.

Skin to Skin Benefits for you and your baby

Skin to skin contact lets babies and children know that they're safe and protected, building trust between them and you. Physical contact with adults helps babies and children build a stable foundation for future relationships. Oxytocin, (known as the "bonding" hormone), is released during the times you have close physical contact with your baby.

Increased skin-to-skin time benefits;

- Calms parents and babies.
- Helps babies cry less.
- Helps your baby gain weight faster.
- Releases hormones that relieve stress, stabilise your baby's temperature, breathing rate, heart rate, and blood sugar.
- Releases a hormone that lowers stress and promotes healing.
- Helps colostrum (the breastmilk produced in the first few days after birth) production and helps it to flow more easily.
- Helps with maintaining breastfeeding longer by building milk supply and making your bond with your baby stronger.
- Boosts your baby's immune system protecting against illness and disease.
- Builds your baby's brain development through the smells, textures, and sounds they experience while they are on their parent's chest.





To find out when and where
our **Baby Massage Courses**
are running across
Lewisham visit:
www.lewishamcfc.org.uk/timetable/

To book your place on a
course visit:

www.lewishamcfc.org.uk/booking-form/



All our baby massage practitioners are trained by the International Association of Infant Massage (IAIM UK) and update their membership every year.

What is IAIM UK?

IAIM was founded by Vimala McClure in 1986 following her experience of working in an orphanage in Northern India in 1973. There, Vimala brought the traditional practice of infant massage to the west. In 1992, IAIM became an international organisation and by 1997 they had trained around 10,000 Certified Infant Massage Instructors (CIMI's) in the



All our sessions are underpinned by the following publications, reports and research:

- [**The 1001 Critical Days - cross party manifesto**](#)
- [**Five to Thrive – Kate Cairns Associates**](#)
- Sue Gerhardt - Why Love Matters
- Margot Sunderland - What Every Parent Needs to Know
- Conclusions reached in Royal Foundation of the Duke and Duchess of Cambridge report on:
[**The State of the Nation: Understanding Public Attitudes to the Early Years**](#)

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