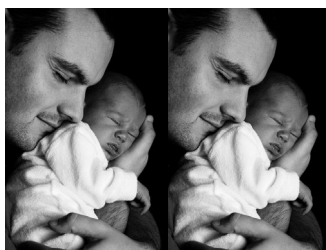




Baby Massage

Do you have a baby under 6 months of age?



Babies need to be touched to thrive. Baby massage gives you the skills to massage your baby safely. Touching will also strengthen the emotional bond between you and your baby.

Our baby massage programme will help you:

- Find the best time to massage your baby.
- Find which oils to use.
- Use massage to help with your baby's stress, colic, wind, and constipation.
- Have a relaxing time with your baby improving your bond.

If you are interested in baby massage and you want to see if it's the right programme for you and your baby:

- Get in touch by phone, email (details below)
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help

T: 0115 9773741
E: FHAshfield@nottsc.gov.uk
W: nottinghamshire.gov.uk/care/familyhubs