

Infant Massage

In this 5 week course, you will learn the special massage strokes that can benefit both you and your baby (newborn to approx. 7 months old).



Massaging your baby can help:

- Relax and soothe your baby
- Promote strong parent-child relationships
- Relieve colic or "gassy spells"
- Stimulate circulatory and gastrointestinal (digestive) systems
- Baby may sleep longer and deeper



Childcare for older siblings will not be provided

Date: Wednesdays, April 26th- May 3, 10 & 17th
Time: 6:30-7:30 pm
Location: Coalhurst Parent Link Centre, Coalhurst Elementary School
Please contact Brenda Rathwell, 403-329-1824 to register.