

# Baby Signing & Infant Massage

Two great courses combined!

## Baby Signing

Baby Sign Language lets babies, as young as 9 months old, communicate their needs.

Your baby will learn how to tell you:

- When he is hungry, wants more, or is all done
- If he is cold or too hot
- Or if he just needs a hug

## Infant Massage

In this course, you will learn the special massage strokes that can benefit both you and your baby.

Massaging your baby can help:

- Baby relax, sleep better
- Promote strong parent-child relationships
- Relieve colic or “gassy spells”

**Date: Tuesday, April 7, 21, 28 and May 5**

**Time: 9:30-11:30**

**Location: Coalhurst Elementary School**

Coalhurst Parent Link Centre

