



Nature Care College

Baby Massage for Parents

DESCRIPTION:

Massaging your baby is a wonderful way to communicate and bond with them and learn their unique body language. Infant massage has wide ranging benefits including assisting with growth and development, improving sleep and relieving the pain of colic.

In this workshop we will learn

- An easy and effective massage routine for your baby.
- How to bond and communicate with your baby.
- Specific techniques for colic relief.

This workshop is for all parents and carers of little ones – whether you're expecting, baby-sitting or already have little ones of your own, you will learn techniques to benefit you and your baby.

ABOUT KERRIN BOOTH:



Kerrin Booth has been a Naturopath and Remedial Massage Therapist for 20 years and has recently qualified as an Infant Massage Instructor (and a Mum!). She trained in infant massage with the International Association of Infant Massage (IAIM).

DURATION:

7.5 hours – 1.5 hours a week for 5 weeks

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WHAT TO BRING:

Please bring

- Notebook
- Pen
- Your baby! Any relative who is caring for the baby who would be interested e.g. the other parent and grandparents are also welcome. Please bring bub in a sling, baby capsule or carrier as the classroom is located up several flights of stairs.
- Something comfortable to lie your baby on e.g. a pillow, mattress or thick blanket. And something to protect this from the massage oil e.g. a towel.

It is best to dress your baby in a separate top and pants, rather than an all-in-one suit, so they can stay warm when we massage different parts of the body.

AFTER THIS COURSE:

You might like to consider the following related short courses:

- Positive Parenting... the Mindful Way
 - Conflict Resolution & Assertiveness
 - Better Relationships
 - Detox Your Home
 - Head Neck & Shoulder Massage
 - Get Cultured – Transform Your Food into Medicine!
 - Make Your Own Natural Skincare
 - Swedish Massage
 - Warm & Cool Stone Facials
 - Soap Making... Naturally!
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CPE POINTS:

Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours. Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.