

## What are the benefits of baby massage?

- Enhances parent/baby communication
- Improves baby's sleep pattern
- May gain relief from colic, crying, constipation and sleep problems.
- Aids baby's digestion
- May help with post-natal depression
- Strengthens baby's immune system
- Time for yourself and your baby
- A natural response to your baby's need for touch
- It's relaxing and enjoyable



Baby massage is practised widely throughout the world and is recommended by many paediatricians and health professionals.

## North Devon Children's Centres Barnstaple, South Molton, Braunton and Ilfracombe

North Devon Children's Centres  
Sticklepath Children's Centre, Woodville  
Barnstaple, EX31 2HH

Tel: 03300 415493

email: [northdevon.cc@actionforchildren.org.uk](mailto:northdevon.cc@actionforchildren.org.uk)  
website: <http://services.actionforchildren.org.uk/north-devon-childrens-centres/>

## Torridge Children's Centres Bideford, Holsworthy and Torrington

Torridge Children's Centres  
Bideford Bay Children's Centre  
Victoria Park, Bideford, EX39 2QQ

Tel: 03300 415494

email: [torridgecc@actionforchildren.org.uk](mailto:torridgecc@actionforchildren.org.uk)  
website: <http://services.actionforchildren.org.uk/torridge-childrens-centres/>



**Barnstaple Children's Centre, My Start and Braunton Children's Centres, South Molton and Chulmleigh District Children's Centres, Torrington Children's Centre, Holsworthy Area Children's Centre, Bideford Bay Children's Centre**

in partnership with  
**Devon**  
County Council



# Baby Massage

*A special time for you and your baby*



## Why massage your baby?



As revolutionary as it is, infant massage is a really old fashioned idea, and its beauty lies in the fact that anyone can do it. It's simple and it's good for you. It can't hurt you or your baby and it costs nothing. Don't think that you need special skills or talents to massage your baby. It comes naturally and is a way for our babies to teach us about themselves and for us to learn how to touch. Touch is as necessary to the human baby as is food.



Infant massage is an ancient art that connects you deeply with the person who is your baby, and it helps you understand your baby's particular nonverbal language and respond with love and respectful listening. It empowers you as a parent, for it gives you the means by which you become an expert on your own child and therefore can respond according to your baby's unique needs.

Whether your baby sleeps with you or in their own room, is breast or bottle fed, is weaned early or late – all of these decisions are up to you. Massaging your baby simply communicates love, releases tension, and helps you better understand your baby's needs. The fact that it is fun is a wonderful added benefit.

## Learn how to massage your baby

We offer **FREE** baby massage courses in the North Devon and Torridge areas. If you are interested in attending or would like to organize a course for your village or group of friends, please phone or express an interest in a place through our websites.



### Baby massage course will teach:

- Massage strokes for legs, feet, stomach, chest, arms, hands, face and back
- Gentle movements
- Touch relaxation
- The best time and for how long to massage
- What massage oils to use
- The importance of good positioning
- How to adapt the strokes for your baby's individual needs and the growing child