**About Baby Massage**

*Insert Photo of hands and baby’s feet*

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Baby massage was first described in China circa 4000 years ago, then in India and Egypt, and was passed down from mother to daughter over the generations. It has become more popular in the Western world over the last 20 to 30 years.

Massage can start from birth and is a wonderful way to soothe, calm and enjoy time with your baby, as well as helping with the bonding process.

Long before babies are able to talk, they communicate with the new world around them through touch. Skin sensitivity is one of the earliest functions of the body. In fact, stimulation of the skin is essential for adequate organic and psychological development.

Whilst it is possible to learn the principles of baby massage from books, DVD’s, and social media, there is really no substitute for learning from an experienced and qualified instructor. During classes, you will be guided through the basic strokes of Baby massage in a clear and relaxing manner. You will also learn to recognise and understand your baby’s cues, which is a very important part of baby massage.

*“Being touched and caressed,*

*being massaged,*

*is food for the infant.*

*Food as necessary*

*as minerals, vitamins, and proteins.”*

*(Dr Frederick Leboyer - Renowned Obstetrician and Author.)*

**Benefits of Baby massage**

* Relaxation of skeletal muscles
* Strengthens the immune system
* Reduces stress hormone levels in children and parents
* Improves sleep and regulates sleep patterns
* Relieves discomfort of wind, constipation, colic and reflux; sinus and chest congestion
* Reduces crying
* Enhances attachment and bonding
* Reduces symptoms of eczema
* Enhances emotions and improves mood
* Improves digestive, respiratory and circulatory system
* Reduces postnatal depression
* Reduces anxiety
* Increases blood and lymphatic circulation
* Enhances cognitive and motor development

*Source: IMIS (Infant Massage Information Service)*