

## **BABY MASSAGE 2018**

For Babies 7 weeks - 9 months

**£25 for 5 sessions - £5 per session**

**10 places available**

**Jointly run by Yeo Valley CC, Yatton CC and Clevedon CC**

**Money to be paid in full before the course begins (non-refundable)**

<b>When</b>	<b>Time</b>	<b>Where</b>
Tuesday 9 <sup>th</sup> January to 6 <sup>th</sup> February	10 - 11am	Yatton Library & Children's Centre High Street, Yatton BS49 4HJ
Tuesday 27 <sup>th</sup> February to 27 <sup>th</sup> March	1.30 - 2.30pm	Clevedon Children's Centre The Barn, Great Western Road, BS21 6HB
Thursday 26 <sup>th</sup> April to 24 <sup>th</sup> May	10 - 11am	Yeo Valley Children's Centre St Andrews Primary School, Congresbury BS49 5DX
Wednesday 27 <sup>th</sup> June to 25 <sup>th</sup> July	1.30 - 2.30pm	Clevedon Children's Centre The Barn, Great Western Road, BS21 6HB
Thursday 13 <sup>th</sup> September to 11 <sup>th</sup> October	10 - 11am	Winford Community Room, Winford Primary School, Winford
Tuesday 6 <sup>th</sup> November to 4 <sup>th</sup> December	10 - 11am	Yatton Library & Children's Centre High Street, Yatton BS49 4HJ

**'Supporting Parent's/Carers to learn how to communicate with their babies'**

**Infant massage can help:**

- Strengthen baby-parent communication
- Boost self esteem and confidence in parenting
- Enhance your understanding of baby's development
- Relax parent and baby
- Encourage a deeper sleep for baby
- Relieve wind, colic and constipation
- Develop muscle tone and co-ordination



**Priority given to families in most need and with a referral the cost can be met by the Centre.**

To sign up for the 5 sessions please contact:

Clevedon Children's Centre: 01934 426440 / [clevedonchildrenscentre@n-somerset.gov.uk](mailto:clevedonchildrenscentre@n-somerset.gov.uk)

Yeo Valley Children's Centre: 01934 426643 / [yeovalley.rural.occ@n-somerset.gov.uk](mailto:yeovalley.rural.occ@n-somerset.gov.uk)

Yatton Children's Centre: 01934 426633 / [yattonmoorchildrenscentre@n-somerset.gov.uk](mailto:yattonmoorchildrenscentre@n-somerset.gov.uk)