

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)

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

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

Yatton Children's Centre: 01934 426633 / yattonmoorchildrencentre@n-somerset.gov.uk