

Embrace
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Questions for Infant Massage

What do I need to bring to class?

Along with your normal diaper bag items, bring an extra receiving blanket.

How old can my child be?

5 weeks - precrawling. Once the baby can move, sometimes they are not receptive to learning massage but parents know their baby best.

Can both parents attend Infant Massage classes?

We encourage both parents to participate in Infant Massage classes. This gives your baby a chance to bond with each parent in his/her own way. Fathers and mothers often develop different styles and unique ways to interact with their babies, and these classes are a great opportunity for both parents to bond with their child.

How many weeks is it?

You learn all of the massage strokes in 5 weeks.

What if I miss a week?

If you miss a class this is okay because we always review the strokes in the following class.

What if my baby is sleeping?

Bring your baby along, we do not do infant massage on sleeping babies but it will be beneficial for you to learn the strokes and songs.

What do we do during class?

During class I facilitate infant massage strokes on a doll while parents learn on their babies. You will learn massage strokes, the benefits of infant massage and have conversations with other parents about topics around infant development.

Do I need to bring my own oil?

No, I will supply you with the oil as we do not recommend using synthetic oils. For the class we use a grapeseed oil, but any edible oil is okay to use.

Why should I attend an Infant Massage class?

I teach each of the strokes one-by-one so you will feel comfortable and confident that you are doing them correctly in a hands on experience. I will also help you understand your baby's responses and can help answer any questions you may have about touch, bonding/attachment and other topics. During an Infant Massage class, you will also benefit from the interaction, knowledge and experience of other parents.

What are the class dates?

Mondays, January 16th - February 13th from 10 - 11am

What is the cost?

\$70 for 5 weeks