



Baby Massage

A special time for you and your baby!

Massage is more than just relaxation. Learning the right massage techniques is vital to ensure that both you and your baby experience the many benefits that massage can provide.

5 sessions

When: Monday Mornings

Time: 10am- 11am

Cost: Free

Baby massage is beneficial for:

- Sleep and settling
- Relaxation – baby and parent
- Enhances attachment and bonding
- Pain relief (e.g. for common problems like wind, colic, constipation, reflux and eczema)
- Strengthens the immune system
- And much more

For bookings, and what to bring contact Alysha Parsons at the centre! On 8625 2294 or Alysha.Parsons@sa.gov.au

