

# Baby Massage

**Baby Massage promotes bonding and interaction between parents/carers and their babies. It is relaxing and can aid with sleep, digestion, teething and colic through touch and language so they feel loved,**



**5 week course**

**Thursday 4th July**

**Thursday 1st August**

**10.00am-11.30am**

**Selly Oak Methodist  
Church, B29 6HT**

**£10.00 per  
adult for the  
course payable  
on the first  
session.**

**Babies must have  
had 6 week check  
from your Health  
Visitor to take part  
in Baby Massage**

**Please bring a towel.**

**Oils will be provided.**

**Please call to book on  
0121 464 4189**