

Infant Massage Class with WSNM's Midwife Rebecca Leeman



Saturday from 9:30am-11:00am

\$30.00 per family

2019 Class Dates

January 19	April 20	July 27	October 26
February 23	May 18	August 24	November 23
March 23	June 29	September 28	December 21

Baby should be between 2 weeks old and 6 months old

Class size limit is 4 families. Class is held in our Downtown Office: 1001 Coal Ave SE

Please call or email Kathleen to sign up

(505)843-6168 ext.3024 or kbriley@wsnm.org

Benefits of Infant Touch and Massage

For Your Baby:

- Enhances neurological development
- Improves immune system
- Helps regulate digestive, respiratory and circulatory systems
- Helps relieve discomfort from gas and colic, congestion and teething
- Helps baby learn to relax
- Decreases production of stress hormones
- Reduces crying and fussing
- Promotes sounder and longer sleep
- Improves bonding and communication
- Helps to improve sensory awareness

For You:

- Provides a special focused time that helps deepen bonding
- Improves parent-child communication
- Helps you understand and respond to your baby's nonverbal cues
- Promotes feelings of competence and confidence in caring for your baby
- Increases your ability to help your child relax in times of stress
- Eases the stress you may feel when separated from your baby during the day
- Helps you relax and have fun with your child

Adapted from "A Guide to Baby Massage" Oxford Health Plans
http://www.oxhp.com/materials/press/baby_mas_booklet.pdf