

# Infant Massage Class with WSNM's Midwife Rebecca Leeman



Saturday from 9:30am-11:00am

\$30.00 per family

2020 Class Dates

January 18	April 25	July 25	October 24
February 22	May 16	August 22	November 21
March 28	June 27	September 19	December 19

Baby should be between 2 weeks old and 6 months old

Class size limit is 5 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](mailto: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](http://www.oxhp.com/materials/press/baby_mas_booklet.pdf)