Come and learn how to massage your baby with help from a fully certified Infant Massage Instructor (CIMI).

Infant massage may help with the following:

- Enhance communication between parent and baby
- Strengthen the bond between parent and baby
- Relax the parent and baby
- Promote deeper sleep
- Aid digestion
- Relieve wind and colic
- Reduce crying.

- Classes are for all babies from one month to crawling and for all parents and primary care givers.
- Only the parent/care giver massages baby. The instructor uses a demonstration doll.

**Next course beginning Thursday 26th May at 2.30pm and then each Thursday until 23rd June. £25 for the full 5 week course**

*For more information or how to book a place please contact Sarah on: 0113 2185849 Or email me at: sarah.frost@ljwb.co.uk*