

## Massage can help babies:

- Feel loved, respected and secure
- Adapt to their new environment
- Learn to play
- Improve physiological health by: Stimulating all the senses
- Promoting relaxation which can improve quality of sleep
- Enhancing growth and development
- Encouraging body awareness
- Regulating the digestive systems and reduce the discomfort of colic, wind and constipation
- Improving skin condition and muscle tone
- Maintaining flexibility of the joints, ligaments and tendons
- Strengthening the respiratory, and immune systems
- Stimulating the circulatory system
- Helping to balance the nervous system



### Contact us

Ring us at either number below if you'd like more information and details on joining a course in the future.

#### **Tiverton Children's Centre**

Wilcombe Primary School  
Lazenby Road, Wilcombe  
Tiverton, EX16 4AL

**01884 250449**

#### **Tiverton Children's Centre**

Two Moors Primary School  
Cowley Moor Road  
Tiverton, EX16 6HH

**01884 254044**

**[tiverton@actionforchildren.org.uk](mailto:tiverton@actionforchildren.org.uk)**

Tiverton Children's Centre Service



## A Sure Start Children's Centre Baby Massage

**Did you know:**

**Baby massage can help with symptoms of colic and constipation?**

**Did you know... Baby massage supports Baby's brain development?**

**Did you also know... children's brains are 80% complete by the time their three?**

**Did you know Baby Massage can support bonding and communication with your baby?**

in partnership with  
**Devon**  
County Council

  
**action for children**

## Massage can help parents:

- Feel more confident about handling their baby
- Understand the signs and signals their baby uses, so they know what they are 'saying' to them
- Find time to play with their baby
- Relax whilst having fun with their baby
- Enhance the feeling of closeness with their baby, so that their relationship may strengthen and grow

Most importantly, baby massage gives parents the opportunity to spend special time with their baby through positive touch, so that they have time for special hugs and holds, sing nursery rhymes, learn about and play with their baby



Tiverton Children's Centre deliver Baby massage sessions over five weeks where parents are shown different massage routines each week which covers the whole body.

Babies from eight weeks up to the age of nine months old can complete the course.

Baby massage courses are up to eight parents and their babies at a time so a great way to meet new people!

Mums and Dads welcome.

Massage oil is provided for parents to take home as well as hand outs each week with the massage routines and songs on them.

All infant massage teachers at the centre have completed their certificate in baby massage training with Touch Learn who are an international training provider



## Colic

### Baby massage can help!

It can be a most upsetting experience for a parent to watch a young baby screaming in agony, with what looks like, severe tummy pains. It often lasts for many hours and usually starts around the same time each day. The condition is harmless although it can be very distressing for the baby to experience and the parents to observe. Massage and a few simple techniques can alleviate colic, but parents are advised to seek medical advice to check that there are no underlying medical problems.



### Massage:

#### A Positive Life Experience

Massage is an excellent way of bringing new and positive experiences into your baby's life, as it offers the opportunity for positive touch and early play, especially when accompanied with lots of talking, music and singing of nursery rhymes.