

Baby Massage

Want to know more?

Log on to www.greatexpectations.nl

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in English

centrally located in The Hague



2008

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Research has shown that baby massage has many benefits:

- ✓ Promoting infant parent attachment or "bonding"
- ✓ Encourages relaxation
- ✓ Makes baby feel loved
- ✓ Promotes better sleep
- ✓ Facilitates body awareness
- ✓ Boosts immune system
- ✓ Improves sensory stimulation
- ✓ Improves skin condition
- ✓ Improves blood circulation
- ✓ Helps digestion problems and colic
- ✓ Balances respiration
- ✓ Offers natural relief for teething pains
- ✓ Helps waste elimination
- ✓ Helps you learn about your baby (needs and desires)
- ✓ Relaxes parents
- ✓ Helps build parents' and baby's self-esteem
- ✓ It is a pleasurable experience
- ✓ Stimulates production of oxytocin

(The oxytocin hormone helps with pain relief and has a calming effect.)

Why Attend?

Cost €100,- (incl. 19 % VAT)

Oil and massage instructions provided.

A 5 week programme which gradually introduces each part of the body to massage, using songs and nursery rhymes to make it a fun and enjoyable experience for you and your baby. Strokes are taken from Indian and Swedish massage, combined with simple reflexology and gentle baby yoga movements.

Part of the programme allows parents to share their experiences and anxieties about bringing up their baby. Each week the group chooses a topic for discussion, for example, colic, sleep patterns, teething, etc.

Tina first trained as an antenatal teacher with the UK National Childbirth Trust (NCT). She then went on to become a fully qualified instructor with IAIM, the International Association of Infant Massage and has since trained as a CPR and First Aid Instructor with the Irish Red Cross and St. John's Ambulance in the UK