



Immingham Queensway Broadway

A Sure Start Children's Centre

# Baby massage

Wednesday 9.30 am - 10.30 am

At Queensway Family Hub



No need to book

Please note:

Babies will need to have had their first health check between 6-8 weeks before they can attend the session.

Please ensure your baby has been fed at least one hour before the session starts and has not had any injections within the past 7 days.

Baby massage will provide a whole range of benefits for you and your baby.

For information on activities and events , please contact

Immingham on: 01467 514848, Queensway on: 325737 or Broadway on: 326840  
Margaret Street, DN40 1LD, Binbrook Way, DN37 9AS, Broadway, DN34 5RS

## **Benefits of baby massage**

Encourages bonding; soothes the body and relieves pain; develops a sense of security; helps parents learn about their babies needs and desires; helps promote sleep; pleasurable experience; may help relieve colic and constipation; improves blood circulation and lung capacity and promotes a healthy skin texture to name a few.



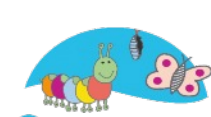
## **Safety**

Ensure you have a clear space to massage in and clear any pets away from the room. Ensure the room is warm and doors are closed to reduce drafts. Keep some towels handy to keep baby warm but DO NOT massage directly in front of fires. Remove hot drinks from the area and check lighting is not too bright. Have plenty of tissues or wipes at hand to remove excess oils and remove excess oil from baby straight after massage to ensure no burning in the sun or slipping. DO NOT smoke during the massage.

## **What will I need**

- An old towel or sheet to protect the carpet
- A little pillow
- Towels
- A small blanket
- Baby's changing mat
- Something to put oil in, e.g. egg cup
- Box of tissues and baby wipes
- Subdued lighting
- A little gentle music
- Massage oil, e.g. grape seed oil/vegetable oil





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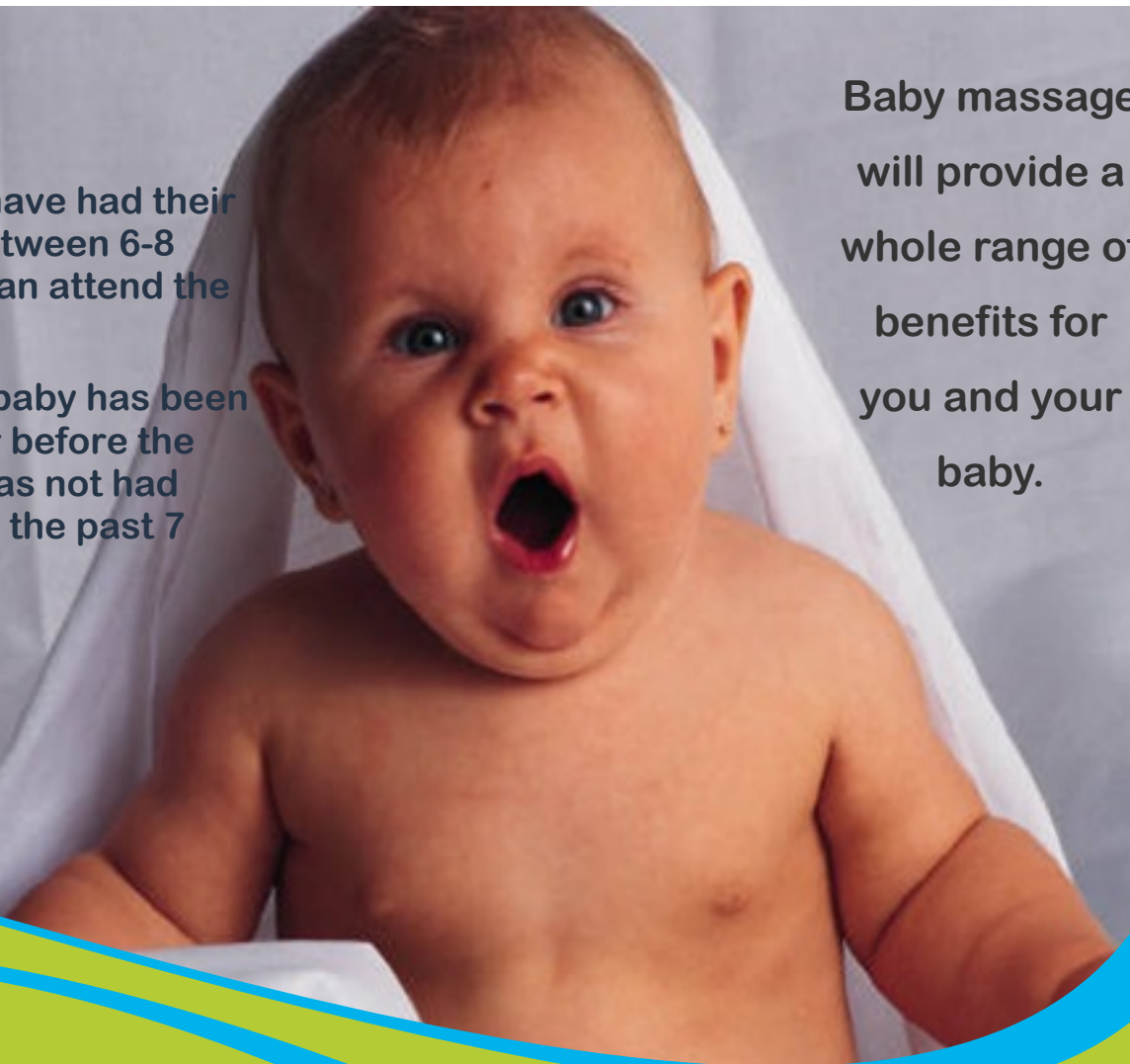
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