



Strengthening Your Parent-Child
Relationship Through Massage

Me and My Baby

Baby massage – It's one of the purest forms of love expressed through nurturing touch. As an ancient tradition known in many areas of the world, it is done with a baby and not to a baby. Parents and caregivers converse with babies using listening hearts and respect for their uniqueness. In turn, babies reward them:

Parents are given an ability to understand cues, gain confidence in parenting skills and develop a closer attachment.

Baby massage can become a creative routine with the movement of hands rubbing together with oil, maybe a sweet song added, as part of a caring ritual in your home.

What to Bring

- Soft blanket or pillow on which to lay child
- Cover for male babies (release often occurs!)
- Comfortable clothing, as we do Floor work

What You Will Receive

- A bottle of oil, handouts, certificates and techniques
- A loving time with your baby

**LOCATION: Families First Family Center
2163 S Yosemite St
Denver CO 80231**

**Dates: January 13th, February 10th, March 9th
Time: 10-11:30am**

**Family Support Line 303-695-7996
To register: 303-745-0327
Cost \$20**