

What are the benefits of Infant Massage?

Bonding: Massage deepens your connection and brings joy to your time together

Better Sleep: Helps calm the nervous system and supports better sleep and settling

Happy Tummies: Eases colic, gas, and tummy aches

Relaxation & Calm: Lowers stress through nervous system regulation (for BOTH of you!)

Brain & Body Benefits: Supports sensory and emotional development and growth.



Cost.

For the month of April/May
BUB is offering 2 free
programs to the community.
These classes will be hosted
at local community centres-
stay tuned for the release of
LOCATIONS!

**BOOK
NOW**



Scan Here ↑

Contact Info

📞 0421 464 382

✉️ eszter@bringingupbaby.com.au

👍 @bringingupbaby.au

📍 Various locations- Melbourne



BUB

Bringing Up Baby

Baby Massage Classes

Strengthening your bond
through nurturing touch



For babies aged 0-6 months

What to Expect:

- ♥ Hands on guidance- Learn how to massage your baby from their head to their toes
- ♥ Learn about reading infant cues, behaviour states, the emotional world of babies and massage to relieve colic
- ♥ Baby-led and pressure-free. Each class runs for around 45-60 minutes, but we allow a generous 2-hour window – because babies don't always stick to our plans. Need to feed, settle, or take a break? No problem. We'll happily re-run the class while the rest of the group enjoys some cake, tea, and connection.
- ♥ Community Connection- Meet other parents with babies, socialise, share wisdom and gain confidence



Meet your instructor

Eszter is a Certified Infant Massage Instructor, Infant Mental Health Clinician, Social Worker and Mum of two little boys. She specialises in the emotional world of babies and the powerful ways they communicate love and connection. She helps parents tune into this rich inner world through nurturing touch and attuned interactions to recognise the deep bond already unfolding between them. These classes are truly baby-led and full of warmth and joy.



Testimonials:

"We have loved every moment of baby massage. Would recommend to any new mum"- M&H

"Eszter was so knowledgeable and comforting and made every session so enjoyable"- S&C

"Thank you for a lovely opportunity to bond with my baby"- J&E



Why Infant Massage Matters

In the early weeks and months of life, your baby's brain is developing at a rapid pace, and every gentle touch, loving gaze, and responsive interaction helps shape that growth. Infant massage is more than just relaxing- it's a powerful way to support your baby's emotional security and brain development.

Through nurturing touch, your baby learns to feel safe, seen, and soothed. These early experiences lay the foundation for healthy attachment, helping your little one build trust, regulate their emotions, and form strong relationships for life.