

Some Benefits of Baby Massage



Builds confidence in handling your baby.

Baby massage helps baby to feel secure while encouraging positive interaction

Encourages baby to sleep deeper and longer.

Helps mums and babies relax. Massage stimulates the release of our body's good hormones (oxytocin) which helps mum and baby to bond

Relieves pain caused by colic and constipation. Massaging the tummy helps to relax the tummy muscles allowing any build up of gas to move.

Helps mums to become more sensitive to baby's needs/cues in a relaxed, non-judgemental environment

Calms irritable babies

A study in 2014 showed that babies who received regular massage were likely to show less irritability than those who were not massaged

Helps fathers to bond and spend time with their baby.

Baby massage course is run over 5 weeks. Cost: £50.

To book please contact me on - 07969455196

OR have a look at:

www.bicesterpregnancybirthbaby.co.uk