



Baby Massage Diploma

Designed as a 'business in a box'.
Learn to teach baby massage with us
and begin to create a career that fits
around your life





Congratulations

On taking your first step on your
baby massage instructor journey.

Settled Petals Baby Massage Instructor Diploma is a fully accredited baby massage training programme. It has been carefully crafted by Susan Wallace, an expert in infant sleep, potty training, baby yoga & baby massage.

Inspired by her own baby massage classes, Susan set out to develop a diploma course that would help to empower others to start a new career and lifestyle they will adore.

The course is intended to be completed online but Susan will support you along the way when you need assistance.

Study with us

Designed to be a 'business in a box'. You will learn elements of baby massage, carefully combined with reflexology and acupressure to allow you to provide a varied and engaging baby massage class to new mums. The best part is, you can complete the course from the comfort of your own home, in your own time. Support and guidance will be provided by Susan via email as required.

Massage Syllabus

- History of Baby Massage, Acupressure and Reflexology
- The Power of Touch
- Benefits of Baby Massage and Touch Therapy
- Minding Mum
- Considerations
- The Parent/Baby Dyad
- Ideal Environment
- Oils and Lotions
- Massage in Special Circumstances
- Full Instruction on how to complete a Baby Massage Routine
- Instruction on delivering specialised massage routines such as those specific to teething, sleep, cold relief and colic/wind/constipation

Business Syllabus

- Group and 1:1 session plans
- How to run a class
- How to deliver the techniques
- Picking a suitable venue
- Pricing your class
- Ways to advertise
- Licenses required (eg music licenses)
- What safeguards to take
- Managing personal details
- Equipment needed
- How to gain insurance
- Custom parents handouts provided (so they can practice at home)
- Registering Parents details & helpful suggested templates
- Suggested wording for creating social media events
- Advice on how to receive payments

On completion of the course, you will be a fully trained baby massage instructor and hold a Diploma in Baby Massage. This Diploma course is accredited by FEDANT (Federation of Antenatal Educators). Then it's time to set the ball rolling on starting your exciting new lifestyle & business.





Online Learning

Our Online learning system is very simple to use and it is designed in a way that allows you to methodically work your way through the syllabus, going back over information at any time. We offer the added benefit that you can check in with Susan at any time via email if you need an extra little bit of help or guidance.

Pre-requisites

- A computer to complete assessments
- Either use of video and means to submit such, or access to zoom
- Use of a doll to complete massage strokes (weighted massage doll preferred)

Assessment

The course is assessed through the use of tests, final written assignment and submission of a short video completing a sample of the baby massage routine (this can be arranged via zoom if preferred).

If you require any support during the completion of this course or any of the assignments, please contact Susan who will be happy to help.

Facebook Group

Our Facebook group is primarily peer led to allow you to learn alongside other students. Susan will share helpful insights when the opportunity arises, within the Facebook group.

Special Support Needs

If you have any support needs, such as a learning difficulty or disability please contact Susan to confirm and discuss what specific support you require to complete the course.

	History of Baby Massage	
	The Power of Touch	
	Benefits of Baby Massage	
	Module 1 Test	

Freedom and Flexibility

Helping you along the way to ditching the 9-5 and claiming back control of your life

Our course is perfect for busy parents who want to move their career in a direction that offers them flexibility to earn while spending more quality time with their children.

Susan's experience of running baby massage classes has been a fulfilling journey that has added so much flexibility to her life. She is passionate about sharing this with other people who are aiming for a similar lifestyle (surrounded by adorable babies!).



Lets do this

If you think you might like to join the diploma, get in touch with Susan today for more information

Baby Massage **See website for prices**

Baby Yoga and Massage combined **See website for prices**

Sleep, Yoga and Massage **See website for prices**

Baby Massage, Yoga, Sleep and Potty **See website for prices**

We would love to hear from anyone who is considering joining our diploma course and would be only too happy to answer any questions you might have. Sign up today for instant access at

settledpetals.com/baby-massage-instructor or if you would like to get in touch, email Susan personally via susan@settledpetals.com





www.settledpetals.com
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