

CALLING ALL BABIES AND THEIR CAREGIVERS!

The *Seven Oaks School Division's Partners in Learning Parent and Child preschool program* is offering families an opportunity to learn massage techniques with their baby.

Infant massage is a daily practice shared by parents and caregivers all over the world looking to bond, communicate and care for their babies in a healthy, natural way. Babies who receive regular massage have been shown to have better quality of sleep, an improved rate of healthy weight gain and relief from the pain associated with colic, gas and teething. Learning to share touch with your infant is the most powerful, natural way there is to care for your baby's physical and emotional health.

Melanie Morris is a retired Registered Massage Therapist with over 15 years of experience. She is also a Certified Infant Massage Instructor with the International Association of Infant Massage (IAIM. She is the mother of two young daughters who benefitted from infant massage at home.

In this free four-week series, you will learn how to safely and effectively apply a full body massage on your baby and techniques to help relieve discomfort from digestion, colic, teething and congestion issues. Oils and handouts will be provided. Please bring a small blanket for your baby to lie on.

When: Friday mornings (Oct. 30 to Nov. 20) at 9:30-11:00 a.m.

Where: Riverbend Community School, 123 Red River Blvd. (ROOM 21)

Advance registration is required as space is limited to 5 families. Please contact Colleen Zahedi at Colleen.Zahedi@7oaks.org or Cheryl Rajfur at Cheryl.Rajfur@7oaks.org to register.

