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## Our Classes

*Our classes are run on a friendly and informal basis, giving parents the opportunity to learn the principles of Developmental Baby Massage in a relaxed and sociable environment where lasting friendships are often made.*



**RYE OAK CHILDREN'S CENTRE**  
WHORLTON ROAD  
PECKHAM  
SE15 3PD

07932622572

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Rye Oak Children's Centre

Activities and services  
for families with  
children under five



Whorlton Road  
London SE15 3PD  
Tel: 07932 622 563

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**5 Week  
Massage Class  
Starting  
Thursday 22nd  
February 2018**





## **Aims of Developmental Baby Massage**

**An opportunity to promote attachment and positive interactions between babies and their carers**

**To offer positive health benefits for both babies and adults**

**An opportunity to learn the skills of infant massage**

**An opportunity to meet other parents and share experiences**

**“ Baby Massage allowed me to bond closer with my baby.”**

**“It has helped my baby with his colic.”**

**“I have really enjoyed this course and everything was clearly explained and I felt comfortable doing it at home.”**

**“After massaging my baby, it makes him realise it is bed time and he sleeps well afterwards.”**

**“My baby is so relaxed after massage.”**

## **Benefits of Developmental Baby Massage**

**Improves flexibility**

**Boosts immunity**

**Aids sleep**

**Promotes bonding**

**A deeper understanding of your baby’s behavior.**

