



Infant Massage

starts 11/5/07

Infant Massage is a very special class for loving parents and families. Expectant parents may also join the class.

General Benefits of Infant Massage:

The four general benefits of infant massage include *stimulation, relaxation, relief, and interaction*. Stimulation to a baby's body, especially to their skin, is a vital part of their development. Relaxation during massage often occurs for both the baby and the caregiver. Massage can help to provide relief of pain related to gas and colic, as well as promote restful sleep. Attachment and interaction between caregiver and child is the greatest benefit of them all.



Parents will:

- Learn various infant massage strokes (only parents touch their babies).
- Receive personalized attention and instruction by an certified infant massage instructor with special training and experience.

Class Size: Maximum of 10 families. One or both parents or guardians are welcome to attend (up to 2 adults per baby). Babies' ages should be 3 weeks to crawling.

When: 3 Mondays: 11/5, 11/12, & 11/19 2007 from 7:00-8:30pm

Where: Campbell Community Center, Activity Room E-46

Cost: \$60 for FOFV members and \$90 for non-members, per family

Bring: Blankets, pillow/padding, and your child's usual needs. Expectant Parent(s) should bring a doll on which to practice strokes, and a pillow

Instructor:

Allison Freccero is a Certified Educator of Infant Massage (CEIM). Her background includes a degree in occupational therapy and six years working professionally with infants, children, and families.

REGISTER ONLINE NOW:
visit <http://www.fofv.org> for more
information and to register.

The Foundation of Family Values supports families of all political, religious, sexual preference, economic, and racial categories. The FOFV has no specific religious affiliation. We are a 501(c)(3) tax-exempt, non-profit organization.