

Exeter Hospital Pediatric Rehabilitation

INFANT AND BABY MASSAGE



Massage is a wonderful way to bond with your baby, help them to calm and foster better sleep habits. This program is intended to teach caregivers the benefits of massage as well as techniques for massaging their babies at home. The program is designed for babies under 1 year of age. It is taught over one session and will be run by a Physical Therapist certified in Infant Massage. The cost of the class is \$10.

For more information about infant massage, visit www.lovingtouch.com. For more information about Pediatric Rehabilitation of Exeter Hospital, please visit www.exeterhospital.com.

Exeter Hospital's Family Center Conference Room Thursday 1:15-2:00 PM

Call [603-580-6668](tel:603-580-6668) to register and reserve your spot.

Space is **LIMITED**

Class fee \$10 to be paid at time of registration

Choose a date-

January 23

February 20

March 19

April 16

May 21

June 11

What to Bring:

Bring a soft, comfortable blanket to lay your baby on, extra diapers and a special toy(s). Stimulated babies can get hungry so be prepared to feed. Dress your baby in easy to remove clothing to massage. Caregivers will be sitting on the floor so you may want to bring a pillow to sit on.