

What is Baby Massage?

Baby Massage is a holistic and natural way to promote infant health, improve parenting skills, deepen bonding and strengthen family bonds, and create a more caring and compassionate future generation.

Baby massage encompasses nurturing touch, massage and reflexology in a fun, loving way.

What are the benefits?

The benefits of baby massage:

- nurtures parent/child bonding
- promotes parental confidence with handling & caring for their baby
- relaxes & soothes the parent & infant
- helps babies settle better & calm themselves more easily
- strengthens the immune system
- improves digestion and circulation
- enhances weight gain & brain development
- fosters intimacy between fathers and babies
- allows working parents quality, valuable time with their baby
- aids in the recovery of post-natal depression

Can I learn baby massage?

Yes! Baby Massage is easy and fun to learn. With the right guidance and encouragement from a qualified baby massage instructor, parents, caregivers & babies can enjoy the benefits of baby massage.

How to get there



LUV-BUB Baby Massage sessions are held at:
Manly Yoga & Meditation Centre
27 Pittwater Road, MANLY

Your key to a happier, healthier infant!

What people are saying:

"Baby massage improved our connection, encouraged better/deeper sleeping patterns and is a lifelong skill I can use whenever my child is stressed." Belinda.

"Moira promotes a very relaxed, welcoming, friendly atmosphere for Dads and babies." Dads comment.

"Baby massage enhanced the bonding with my daughter. Moira has fantastic teaching and modelling styles, which makes an enjoyable class. I would recommend this baby massage course to any new or existing parent, even Dads!! Why not get a group together to learn and share your baby massage techniques together, like I did with a girlfriend, it was fun" Kristy.

©2006 LUV-BUB



Luv-Bub

Baby Massage & Successful Parenting Services

Give your baby a head start!



*Baby Massage and how it can
benefit you and your child?*

Brought to you by

LUV-BUB





Baby Massage & Successful Parenting Services

What is covered in the LUV-BUB Baby Massage Course?

Through LUV-BUB Baby Massage you will learn the different strokes & styles which are most beneficial for you & your baby, as demonstrated by Moira Forrest, an experienced baby massage instructor. Baby Massage is best applied from birth to crawling.

Some of the topics covered in the LUV-BUB Baby Massage course are:

- History of Infant Massage
- Why babies cry?
- Baby's body language
- Relaxation
- Massage techniques & baby oils
- Pressure, rate & rhythm of massage
- Respect & bonding
- Hints for the toddler & older child
- Parent Empowerment

Who is the instructor?

Moira Forrest is a Registered Nurse, Specialist in Neonatal, Child & Family Health (Mothercraft), Lactation, and is a Certified Infant Massage Instructor (CIMI) with the International Association of Infant Massage (IAIM).

Moira's passion is to educate families and health professionals on the benefits of positive touch and communication, to foster parental confidence and promote positive parenting practices in the art of infant massage.

When and where is the course run?

LUV-BUB Baby Massage Courses are run monthly. Each 4 week course comprises one 2 hour session per week. Courses can be attended at the LUV-BUB premises in Balmain, or private group session home visits can be arranged through LUV-BUB.



Where can I get further information on Baby Massage?

If you would like further information on Baby Massage, its benefits, and course information please contact Moira at LUV-BUB on:

Phone: (02) 9810 7912

Mobile: 0438 648 465

Email: whisperer@lubbub.com.au

Website: www.lubbub.com.au

Gift Certificates are also available on request from LUV-BUB – the perfect gift for a new mum!

What are the course fees?

LUV-BUB offers a range of sessions at competitive rates to fit in with a busy lifestyle. In addition to the group sessions held in Balmain alternative arrangements can be made to fit around your schedule.

The rates are as follows:

Course Group Session (Manly or location of your choice):

\$55 p/p per session

Total cost p/p: \$220 (for 4 weeks)

Mothers' Group Baby Massage and Parenting Workshop

\$295 for 2 hour workshop - max 10

Lactation Consultation

\$75 p/hour - min of 2 hours

Fathers' Group Session

\$55 p/p per session

Individual Private Session

\$75 p/hour

Individual Home Visit

\$110 p/hour for the first hour - \$65 for each hour thereafter

Two people for a full course 'one-on-one' in own home:

Total cost \$520

Parenting Home Visit

\$55 p/hour - min of 4 hours

Hospital, Community & Corporate Training

\$165 p/hour

Reference Materials, Massage Oils & light refreshments are included in these rates.

Please note: a non-refundable booking fee of \$85 applies to each of the above options except the fathers' session.

How do I enrol in the course?

To enrol, simply complete the enrolment form, and post along with your payment.