

INFANT MASSAGE

Welcome! Parents, Families & Infants (ages 3wks – 12mos)
Expectant Parents Join In Too!

Classes at *Tiny Tots Baby Boutique*
138 Railway Avenue, Campbell, CA 95008

Sessions begin Wednesday January 23 @ 2:00pm – 3:30pm

5 Class series only \$150

Each class meets for 90 minutes, 1 x week, for 5 consecutive weeks
Materials To Bring: A blanket & pillow + your child's usual needs
For Expectant Parent(s): Bring a doll to practice on & a pillow
Includes: Book, Handouts, massage oil, class photo & certificate

Free Introductory class January 16 @ 2:00pm – 3:00pm

WHY INFANT MASSAGE FOR YOU & YOUR BABY?

- BONDING** Promotes the parent/child bond—secure attachments and strong healthy relationships based on trust and security to last a lifetime.
- RELIEF** Soothes gastrointestinal pain/discomfort, colic, restless and sleepless days...and nights.
Promotes regular sleep/wake cycles.
- SOCIABILITY** Decreasing stress and anxiety in social and public situations.
- GROWTH & DEVELOPMENT** Studies report that regular massage stimulates early and healthy growth stages, brain development, and infant state regulation.
- REDUCE STRESS** Promotes the release of anti-stress hormones that are beneficial for both parent(s) and baby.
- CIRCULATION & HEALING** Increasing the flow and efficiency of the body systems. Infant Massage promotes healthy weight gain and healing in infants experiencing preterm life and time in the NICU.

WHAT CAN I EXPECT FROM THIS INFANT MASSAGE CLASS?...

Personalized attention by an instructor with proper training & experience.
Comfort in knowing that contact with the child remains exclusive to parent(s).
A casual, relaxed, & positive atmosphere—Stop & start as you & your child need to.
Weekly Classes—Group and Private classes for infant ages 3 weeks to crawling.

Register Early! Class Size Is Limited!

For further information, please contact Taffy Dugan, CMT, CEIM
www.serenebalance.com, taffy@serenebalance.com, 408-768-8186
Please make checks payable to Taffy Dugan

For the latest research on massage, please visit the Touch Research Institute at
www.miami.edu/touch-research

Taffy Dugan is a Certified Massage Therapist and a Certified Educator of Infant Massage. She graduated at the top of her class at the National Holistic Institute. She received her Infant Massage training through the International Association of Infant Massage. Her background includes over 10 years working with children and families. Taffy is also a proud new mother who enjoys massaging her baby daily and sharing her comforting, nurturing touch with others. Please check www.serenebalance.com for information on other massage services.