



2018

Dear Interested Parent/Carer

Thank you for your kind interest in the baby massage classes I am running. The class in the next series commence on Tuesday's at one of the following Children Centres,

- Clifton (10-11 am)
- The Avenues (12:30 – 1:30)

These are every week for 5 weeks (only during term times). I have attached the Welcome letter for the area you specified so you can see the dates, times and which strokes are being learnt.

We always encourage booking to secure your place and to avoid disappointment as the classes consist of 6/8 mums with their babies. We take any baby up to pre-crawling stages as they inevitably find something or someone much more interesting on the other side of the room to explore.

What's Included in the Price and How to Secure your place

If you would like to book, and reserve your place, you may kindly pay the £42.50 by BACS or by Pay pal via credit card through my website www.babymassagecourse.com, The Training Guide of all the massage strokes learnt when you attend, as well as the massage oil and a certificate of completion is included in the price. On the last class, we also have cake, a glass of fizzy (non-alcoholic) and a course evaluation to complete.

Health Issues:

Please also note, we will be sitting on a carpeted floor, with cushions, for approximately an hour. Please let me know if you are able to sit on the carpet, or if your child has any any health concerns (cuts, a recent operation, bruises, constant reflux, or rashes to name a few) that we should be aware of when signing up for a course.

Once you have booked onto one of my classes, please include your mobile number (if you haven't already) as it's important in case the class has to be cancelled.

Once you have booked on the course, and specified the date and location you prefer, I will send you a confirmation e-mail. I have included below some important bits of information you may want to read before the classes. If you have any questions, please do not hesitate to contact me.

Things that are useful to bring: You may bring a spare nappy, a small portable travel changing mat, a towel and a spare t-shirt (optional) for yourself for any little accidents that may occur as I always encourage babies to be nappy-free, but it's totally up to the mum if she'd like the nappy to stay on.

On the first day of the course: If babies have fed less than an hour before, they may find it quite uncomfortable and some babies have been known to posset quite a bit of milk. We'd like all babies to have a positive experience so we encourage you to still attend even if your baby needs feeding as soon as you arrive so you can observe how the strokes are being done. Please also note, If your baby feeds every 2 hours or less, please reconsider attending the following months series of classes to avoid disappointment.

There will be a bit of paperwork before we start the actual massage. There is a Confidential Health Check form to complete, and an attendance forms to write your name on. There is also an oil patch test we do at the beginning of the first class (this usually takes approximately 10-15 mins).

Parking: There is parking in the surrounding areas and street only mins from the entrance, however there is not any public parking on the Centre's premises. Please also note that the Avenues Children Centre may not always have space for your pram inside the Centre however does have an outdoor shelter if required.

Vaccinations/Illness: We recommend that your baby not attend a class if they are feeling ill. Moreover, if your baby has had vaccinations in the 3 days prior to the class, you are more than welcome to attend but strongly advise not to massage your baby during the class/ or at home during that period as their immune system will be working hard without adding the massage which will stimulate their system even more.

If you have any further queries, please do not hesitate to contact me.

Looking forward to hearing from you soon.

Kind Regards,

Irene

*Irene Forsyth, MSW GIMC (formerly of the Guild of Sensory Child Development Child Infant Massage Instructor
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