

**For more
information**



▶ If you would like any more information about this group, to make a referral or attend a Baby Massage Class, please call
Gillian Prigent
at
Lukis House
On
Tel no: 01481 222011
ext no: 5277



States of Guernsey
Children and Family
Community Services

**Children and Family Community
Services**

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Updated: March 2021



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Baby Massage

▶ 'It is through our hands that we speak to the child, that we communicate. Touch is the child's first language. Understanding comes long after feeling.'

**Frederick Leboyer - Obstetrician and
Author**

what is
baby massage?



Baby massage is one way of expressing love, caring and respect through touch that has been shown to have many benefits to parent-child attachment and children's development. Baby massage is a touch that mothers, fathers and other caregivers do with their babies. It is an interaction that involves gentle strokes and caresses over the baby's skin.



Benefits of Baby Massage

There are many benefits to baby massage for the child and also the parent.

Benefits of baby massage for children:

- Can help to reduce the discomfort of colic, wind and constipation.
- Teaches positive loving touch.
- Can help to reduce 'fussiness' and improve quality of sleep.

Benefits of Baby Massage for parents:

- Can help with postnatal depression.
- Enhances parent's confidence and competence in dealing with baby.

Lorraine Tolley of 'The Guild of Infant & Child Massage' explains



that not every baby knows how to relax: 'Many babies are fussy, disorganised and have colic, cry a lot or sleep poorly. Massage can help with all these problems.'

Principles and history of Baby Massage

Touch involves the focus of a parent on a child, which directly communicates love, caring and respect. Touching, holding, hugging and kissing children enhances children's development while promoting secure attachment.

A Massage Class

The class is for parents and babies from 5 weeks to 6 months. The Course is run on a drop-in basis on Wednesday's from 1—2 pm, term time.

Where?

The class will be run By Gillian Prigent, who is a qualified Baby Massage Instructor, at Lukis House

Tel: 01481 222011

Ext No: 5277