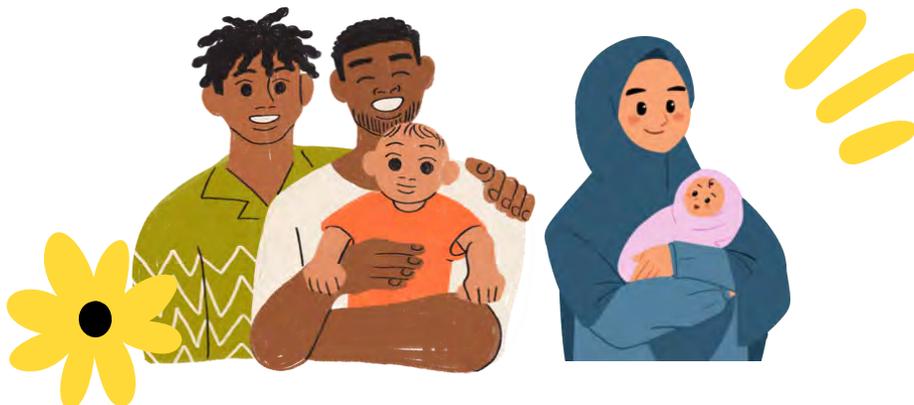


BABY BONDING:

Infant Massage Classes

ONLINE CLASSES | ONLINE CLASSES | ONLINE CLASSES



Every Monday for 5 classes
March 9th – April 13th from 3pm-4pm

For babies between 1 month to 24 months old.

You will be massaging your baby with different massage strokes through the facilitator's instructions.

**NOTIFY YOUR FAMILY
ADVOCATE TO SIGN UP**

Facilitated by
**Amanda Ramirez, AMFT #133646, ATR
&
Gaby Espinoza, LMFT #139028, ATR-BC**

ESTABLISH SECURE ATTACHMENT

- Create safety and trust through gentle touch.
- Improves your attunement by responding to baby's cues.



RELIEVE BABY'S TEETHING AND TUMMY DISCOMFORT

- Eases discomfort through gentle pressure and soothing touch
- Supports digestion and relieve gas



CONNECT WITH OTHER PARENTS

- Builds support and reassurance through connection
- Encourages learning by exchanging tips and insights

