

BABY BONDING: INFANT MASSAGE VIRTUAL CLASSES

Every Wednesday for 5 classes
April 29 - May 27 from 10:30am-11:30am

**FOR BABIES BETWEEN
1 MONTH TO 24 MONTHS OLD.**

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

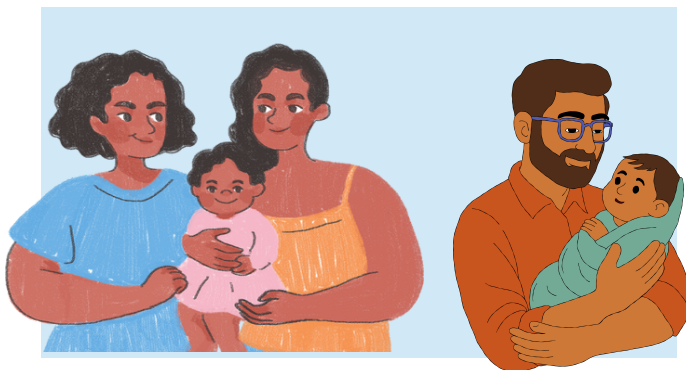


ESTABLISH SECURE ATTACHMENT

- 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

NOTIFY YOUR FAMILY ADVOCATE TO SIGN UP

Facilitated by
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Gaby Espinoza, LMFT #139028, ATR-BC