Baby In Mind Infant Massage

Massage for babies has been shown to reduce crying times, improve sleep and reduce levels of stress hormones in babies.

With a small group, our massage instructors will demonstrate techniques that suit you and your little one. A great opportunity to practice creating a special time with your baby and build your connection with them. Babies need to be under 10 months at the commencement of the program to attend.

The group starts on 24 May to 28 June for 6 sessions.

Tuesdays, 10.30am - 12.00pm,

The Community Room, Lefevre Community Centre
541 Victoria Road Osborne (behind the Over 50’s Club)

Please call Relationships Australia SA, Child and Parenting team:
(08) 8340 2022 or (08) 8245 8100 to book

There is no cost for this service.