



Infant Massage 5 weeks course



Surestart/Family Hub is offering Infant Massage for FREE to parents with babies from birth to pre crawling.

The classes are facilitated by IAIM Infant Massage Instructor who are in progress of completing their training.

You will learn how simple strokes may help your baby with wind or constipation and how important your touch is in supporting the bonding process and your baby's emotional development.

Sure Start
Family Hub Southampton



Centre: Pickle Coppice SureStart/Family hub

Date: 12th June – 17th July

Time: 12.30 – 2pm

Centre: Thornhill Surestart/Family Hub

Date: 12th June – 10th July

Time: 12.30 – 2pm

For more information on the courses please make contact:

Caroline Hallett – Referral and Allocation Officer on 07818 588 480

Alternatively, please EMAIL: Familyhub@southampton.gov.uk

How to book your place please:

WEBPAGE: <https://www.southampton.gov.uk/familyhubs>

Where you will find everything, you need to know about our Family Hubs including What's on daily in our Family Hubs and our parenting and community learning courses.

To find the referral form which needs to be fill out to book yourself onto the parenting programmes, can be found at the bottom of the What's on Title.



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