

WHAT IS THE STRUCTURE OF THIS COURSE?

- The sessions are held in small groups to ensure personalised attention
- 2-hour session each week (For 2 consecutive weeks)
- Supportive group sessions where parents can share experiences and learn from one another
- Recommended for infants from 1 month to 10 months old

BABY MASSAGE CLASSES

Day and time:

Monday

2pm – 4pm

(Please be here at 1.30pm on the first session for registration)

Venue:

Ward 53-Parentcraft room

BABY'S LOVING TOUCH

INFANT MASSAGE CLASS



Singapore
General Hospital
SingHealth



Singapore
General Hospital Department of Physiotherapy
SingHealth

WHAT IS INFANT MASSAGE?

Infant Massage is about promoting nurturing and loving touch. It connects you deeply with your baby. It helps you to understand your baby's non-verbal language and respond to baby with love and respectful listening.

Living in a fast-paced society where people have little time for pleasure and rest, it is especially important that the bonding between a newborn baby and his/her parent is given ample care and attention.

WHAT ARE THE BENEFITS OF INFANT MASSAGE?

- Enhances bonding
- Promotes brain and motor skills development
- Helps relieve colic and tummy discomfort
- Strengthens immune system
- Helps tone muscles and aid growth



- Promotes better sleep
- Improves communication between parent and baby
- Allows for shared moments - provides working parents with a protected time to unwind and reconnect with their babies

