

SUMMER SHINDIG 2024

Parent and baby relaxation session

Come and join in an interactive parent and baby relaxation session of a guided walkthrough of a gentle baby massage.

This session is suitable for babies 6 months and under. It will be conducted by a certified infant massage instructor.

This will last about 20-30 minutes. At the end of the session, there will be an opportunity for everyone to meet and chat to each other.

This is a floor activity. Please bring with you a baby mat, your baby bag with nappies, creams etc, a blanket for you to sit on, cushions and pillows as you prefer, and a bottle of water for hydration.

Massage can be done on top of the baby's clothes. If you prefer, you can bring your own oil to use with your baby. This will also be dependent on the weather.

IMPORTANT

This session is not suitable if your baby is ill, unwell, had a recent fever, has recently had immunizations, has jaundice, has a rash, has just recently had a feed, or is tired and sleepy.

This session is about relaxing and taking time out with your baby. Connecting with your baby on a one-to-one basis. Meeting other parents and sharing ideas.

Look out for the parent and baby relaxation session signs on the day or ask a volunteer at the Mill Road Fringe stall. The session will start at 4.30pm – there may be another at 5.30pm, depending on demand.

We look forward to seeing you then!