



Baby Massage Course

A 5-week journey with Occupational Therapist Ruth McKenna

Learn new massage techniques each week,
Ending in the 5th week with a full body massage for your baby

Suitable for: Newborns - 12 months
Location: Genesis, South Tower, Level 1
Cost: AED 800.

Growing evidence supports the numerous benefits of infant massage for babies and their parents. Baby massage can aid in the following:

- Enhances parents' understanding of their baby's needs, fostering secure attachment, nurturing touch, and early pre-language communication.
- Helps reduce stress in babies, improving their sleep quality.
- Encourages early involvement of fathers in their baby's care.
- Aids digestion and can relieve issues such as wind, colic, and constipation.
- Alleviates touch sensitivity and reduces both physical and psychological tension.
- It may decrease the likelihood of postnatal depression.
- Promotes sensory integration and enhances mind-body awareness.
- Boosts parents' self-esteem and confidence in caring for their baby

If you want to know more or book your place, please get in touch.