



## Newborn Baby Club

Introducing the Newborn Baby Club! Unlock the secrets to nurturing your little one's development in a supportive and enriching environment.

**Aim:** Dive into the world of infant development and neural stimulation, empowering parents with essential skills and activities.

### Objectives:

- Master the Basics: Understand the intricacies of the central nervous system and sensory motor pathways.
- Play with Purpose: Learn practical techniques to infuse sensory stimulation into everyday play at home.
- Positioning Matters: Discover the importance of different play positions and how they benefit your baby.
- Community Connection: Forge friendships with fellow parents, share experiences, and find support in a welcoming atmosphere.

**Age:** Best suited for from 4 weeks to 12 weeks.

**Duration:** Join us for a 6-week journey, dedicating just 1 hour a week to your baby's development.

**Cost:** AED 1200

**Capacity:** Limited spots available! Groups of 8 parents and 8 children.

**Course Material:** We've got you covered with everything you need, from baby blankets to sensory toys, ensuring a rich learning experience for your baby.

**Location:** Genesis level 1, Therapy gym – the perfect space for hands-on learning and bonding.

### Weekly Schedule:

- Week 1: Explore the 8 senses and dive into multisensory play.
- Week 2: Master tummy time techniques, plus abdominal massage for those little tummies.
- Week 3: Enhance vision and sound skills, and delve into side lying play.
- Week 4: Introduce vestibular play into your routine for balance and coordination.
- Week 5: Put your learning into action with a recap of all techniques mastered.
- Week 6: Celebrate successes, address concerns, and bond over shared experiences.

Join us on this exciting journey as we nurture the next generation of explorers and learners!

Enquire now for the next intake.