



**FREE course for parents and non-mobile babies from 6 weeks old**

# Baby Massage

Massage helps you and baby learn to communicate with each other.

Learn about baby's subtle cues and be responsive to them too.

Increases your confidence as a parent. Studies show it can reduce postnatal depression.

Helps with specific conditions like wind, colic and teething discomfort.

Baby feels secure, loved and respected.

**For more information or  
to book a space contact  
us on:**

**0800 970 4669**

[Wiltshiretogether.org.uk/AllTogether](http://Wiltshiretogether.org.uk/AllTogether)



**Scan me to  
request a space**

In partnership with...

**Spurgeons**  
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Supporting families in Wiltshire