



Southwark Children and Family Centres  
Camberwell and Dulwich

# Baby Massage

Learn how to massage your baby safely in a fun and relaxing environment

Why massage?

- It's soothing
- It encourages bonding
- It improves breast feeding
- It promotes positive communication using touch
- For babies between 6 weeks to 6 months



**This 3 week course will be at Dulwich Wood on Tuesday mornings  
10:30 – 11:30 from the 7<sup>th</sup> May 2019**

There are **only 8 spaces** available so book your place by calling Camberwell and Dulwich Children's Centres on  
**020 7525 2017.**

Please bring two towels with you – we will provide the oil!

Visit [www.ardvarkcc.com](http://www.ardvarkcc.com) for more activities – there's always something new!