

**Feedback from
Parents/Carers who have
attended the programme has
been extremely positive.
Here are some of the
comments:**

*"I'm thankful for
the course and the
new friendships."*

*"Have really
enjoyed learning
the massage and
being able to do it
at home"*

*"Great to come along
and find out all about
my baby's brain and
how it develops"*

*"Can't recommend
this course enough,
everyone should do
it!"*



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For more information

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Perinatal & Infant
Mental Health Fund



**The classes are free of charge; a donation
for the oil would be gratefully accepted**



A Good Start Programme

**Providing
Baby Massage,
& other useful
information about
Weaning, Brain
Development & Play**



A GOOD START' PROGRAMME

All families within the Tranent and Prestonpans area have the opportunity to come along to our 'A Good Start' Programme.

We generally begin with a five week block of Baby Massage.
Baby Massage is reported to promote sleep and reduce Colic.

Parents/ Carers have said they enjoy the 1-1 time with their baby.

Please bring towel, changing mat, nappy and if bottle feeding, bring a bottle.



Following on from Baby Massage is a series of 3 sessions which cover the following topics:

Early Brain Development

Treasure Baskets/ Heuristic Play

Infant Weaning

Sleep

Schemas

What else is happening in my local community?

Any other information that is of interest to the group

These sessions are delivered by trained instructors, where Parents/Carers can gain further information and guidance on the topics covered.

