

# Baby Massage

## Course Description

This course is designed to not only enable parents / carers to learn how to massage their babies but also to allow them to meet other parents / carers.

The programme will give parents / carers the knowledge to practice massage safely with their babies. They will also learn how to understand: their baby's non-verbal cues, when the best time is to massage, suitable oils to use, how stress affects babies, how they deal with stress and how babies self-calm.

By the end of the course, learners should be able to confidently demonstrate they can massage the legs, abdomen, chest, back, head and face correctly as well as safely complete a full massage by the end of the course.

An Infant Massage Health Check Form, must be completed with your tutor at the start of the course.

Start Date: 09 June 2025  
Start Time: 10:00  
Lessons: 6  
Weeks: 6  
Hours: 9.00

## Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

## What will I learn on this course?

Learners will:

1. Understand the massage technique.
2. Identify baby's non-verbal cues.
2. Demonstrate at least one massage correctly.

## Is this course suitable for me?

Babies should be 8 weeks old to crawling age. One child per adult.

## Is there anything else I need to know about the course?

Should your baby have any health/medical concerns, GP consent should be sought before commencing the massage,

Parents / carers are responsible for the welfare / massage of their baby.

A patch test must be undertaken on you and your baby, to ensure that the oil used is suitable for use on your baby. To patch test: Apply a small amount of oil to your and your baby's wrist. Leave for 15 minutes then check for any redness or reactions to the oil.

Please bring the following:

- Oil to massage your baby – see separate leaflet
- A towel / mat to lay baby on.
- A cushion or pillow for you to sit on (optional)

## Is there anything I need to bring?

Families will need to provide their own massage oil – see separate leaflet

## What could I go on to do after this course?

Your tutor can talk to you about other subject related course available.

Medway Adult Education works with many partners locally such as MidKent college and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide - range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester centre and again on Moodle. Your tutor will be able to talk through with your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice, please telephone 01634 338400.

### **How are digital skills used and enhanced on this course**

Online research for keepsake projects or your tutor may show Youtube videos as examples.

### **Attendance Policy**

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 80%. If you do have a holiday booked during term time please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed.

### **Health and Safety**

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will be responsible for the welfare of your baby and will have completed the Infant Health Check and Oil Patch Test on you and your baby.

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