

Baby Massage

This course aims to teach parents and carers the art of baby massage while fostering connections with other participants. Through comprehensive training, caregivers will gain essential skills in safely massaging their babies, interpreting non-verbal cues, identifying optimal massage times, selecting appropriate oils, and understanding stress management for infants. By the end of the course, participants will be proficient in performing a full massage on various body parts.

All participants will need to complete an Infant Massage Health Check Form with the tutor at the start of the course.

Start Date: 12 January 2026
Start Time: 10:00
Lessons: 5
Weeks: 5
Hours: 7.50

If you are interested in developing your parent child bond or learning alongside your child, book onto one of our courses from the life skills: parenting skills offer.

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.
3. Demonstrate at least one massage correctly.

Whether you would like to learn new creative skills or to investigate the possibility of a new wellbeing -based career, MAE Community Learning courses can provide you with a stepping stone to progress

Is this course suitable for me?

Babies should be 8 weeks old to crawling age and have had their first jabs. One child per adult.

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

Please be aware that whilst this course is practical in nature some time will be spent completing paperwork and forms.

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.

Is there anything I need to bring?

Learners will need the following tools and equipment please do not purchase until you are sure the course will run:
Please bring the following:

- Oil to massage your baby – see separate leaflet
- A towel / mat to lay baby on (yoga mats will be provided but you need to bring a covering for the mat for the baby to lay on)
- A cushion or pillow for you to sit on (optional)

What could I go on to do after this course?

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

You may be interested in Baby yoga and parent relaxation – Rochester or Wellbeing: Post Natal Pilates Progression

Attendance Policy

Multiple sessions-

To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. 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

By participating in the live class you accept that you understand that baby massage involves movement and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a wellbeing activity, and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with in baby massage. MAE is not responsible for damage to items in your house / home or person.

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