Baby Massage FREE Term 3

Medway Adult Education

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This course is for parents and carers who want to learn how to massage their baby safely and confidently. It also gives you the chance to meet and connect with other parents.

By the end of the course, you will be able to carry out a full baby massage covering different parts of the body. During the course you will learn:

- How to massage your baby safely
- How to read your baby's body language and cues
- When the best time is to massage your baby
- Which oils are suitable to use
- How massage can help your baby relax
- You must complete an Infant Massage Health Check Form with the tutor during the first session.

It has been advised that attending both Baby Massage and Baby Yoga in the same day can be overwhelming for the baby. Please consider enrolling on one course this term than the other next term.

Start Date: 11 January 2027
Start Time: 10:00
Lessons: 5
Weeks: 5
Hours: 7.50

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

WHAT WILL I LEARN ON THIS COURSE?

By the end of the course, learners will be able to:

1. Show at least 3 baby massage moves
2. Recognise at least 2 non verbal cues from their baby
3. Correctly demonstrate at least one massage technique

MAE Community Learning courses can also help you explore wellbeing interests or future learning opportunities.

IS THIS COURSE SUITABLE FOR ME?

- Babies must be 8 weeks old up to crawling age
- Babies must have had their first vaccinations
- One baby per adult

IS THERE ANYTHING ELSE I NEED TO KNOW ABOUT THIS COURSE?

Important Information -

- This is a practical course, but some time will be spent completing paperwork
- If your baby has any medical or health concerns, please speak to your GP first
- Parents and carers are responsible for their baby at all times

Patch Testing (Very Important)

- You must complete a patch test before using any oil: You will receive an oils information sheet before the course starts

1. Apply a small amount of oil to your wrist and your baby's wrist
2. Leave for 15 minutes
3. Check for redness or any reaction

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

WILL THERE BE ADDITIONAL COSTS?

Please do not buy anything until the course is confirmed.
You will need:
- Baby massage oil (guidance will be sent before the course)
- A towel or blanket for your baby to lie on
- Yoga mats are provided, but you must bring a cover for them
- A cushion or pillow for yourself (optional)

Cost
This course is free for learners who meet our enrolment guidelines.

WHAT COULD I GO ON TO DO AFTER THIS COURSE?

Your tutor can suggest other related courses, such as:
- Baby Yoga and Parent Relaxation
- Wellbeing: Postnatal Pilates Progression

Medway Adult Education works with local partners including Child Friendly Medway, Medway Sport, MidKent College, Medway School of Arts and the University of Kent.
Course information is available in our centres, cafés and on Moodle.
For careers advice, contact the National Careers Service on 0800 100 900
For general enquiries, call 01634 338400
If you need further advice, please telephone 01634 338400.

WHAT IS THE ATTENDANCE POLICY

Multiple sessions-
This course runs over multiple sessions.
- We recommend attending at least 85% of sessions
- If you have a planned absence, please tell your tutor in advance
- If you are ill or cannot attend, contact 01634 338400 so your tutor can support you

HEALTH & SAFETY

Health and Safety Disclaimer

By taking part in this course, you understand that baby massage involves movement and carries some risk.
You agree that:
- You will work within your own abilities
- You will stop if anything feels uncomfortable
- You will dress appropriately and protect work surfaces
- You will follow health and safety guidance provided by the tutor

Medway Adult Education is not responsible for personal injury or damage to personal property.
By attending the course, you confirm that you have read and understood this information.