



Calming Connections

– mindfully connect with your baby through therapeutic touch –

“Comfort me: an infant's ability to use their caregiver for comfort is facilitated by the caregiver matching the infant's feeling with their face, with vocal rhythm, with voice and body tempo, and with quality of touch.”

Circle of Security

Therapeutic touch can:

- Strengthen your bond with baby
- Enhance mood, reduce stress and anxiety
- Possibly provide your baby relief from teething pain, wind, constipation, colic, etc.
- Increase baby's muscle tone
- Improve and regulate baby's sleep patterns

Join us for one, some or all 5 sessions, where together we can share and learn calming techniques in a relaxed, informal, community environment.

When: Mondays

9th May – 6th June 2022

LIMITED SPACES – BOOKINGS ESSENTIAL | Phone: 08 8296 2686

Times: 9:30am – 10:10am

Session is followed with a 20-minute coffee and chat.

BYO: Baby muslin wrap or towel

Oil supplied however if you prefer you can bring your own.

Where: Darlington Children's Centre

12A Kurrajong Place, SEACOMBE GARDENS

Phone: 08 8296 2686

