



Snuggly Start

Infant Massage classes



Private classes at home (5 classes of 1 hour)

Group classes at home (5 classes of 1h15)

Group classes and workshops at facilities

Learn Infant Massage and enjoy its benefits

We teach parents and caregivers proven Infant Massage routines in 5*60/75-minutes sessions at home or onsite; most families report calmer babies, faster soothing, and stronger bonding.

Benefits of Infant Massage

- **Increases the health** (better digestion, sleep and behavior, less stress and fussiness...) **of the babies**
- **Increases the emotional and physical development of the babies**
- **Reduces parents' post-partum depression and anxiety**
- **Strengthens the parents-baby bond**
- **Enhances parents confidence in their ability to care for their infant** (reading infant cues,...)

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snugglystart.com

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