



Free Infant Massage Classes

Massaging your baby is a beautiful and loving way to begin a lifelong relationship.

Importance of Infant Massage

Early psychological and sensory input is essential in facilitating the development of all infants. Infant Massage is a program that provides loving touch right from the start. Infant massage contains such critical elements of bonding as eye to eye contact, smiling, soothing sounds, loving touch caressing, smell, and mutual interaction.

Benefits for Baby:

- Enhances bonding and attachment
- Promotes social, emotional and cognitive development
- Reduces gas & colic
- Strengthens and regulates primary organ systems
- Regulates behavioral patterns & promotes sleep

Benefits for Parents:

- Enhances communication and emotional ties
- Promotes better understanding of infant cues
- Helps parents unwind and relax
- Provides quality one-on-one interaction
- Gives fathers a special time to connect & bond

This FREE class is offered the 2nd Saturday of every month (except Feb, when it is offered on the 3rd Saturday - Feb 21, due to Mardi Gras) at 10:00am - 11:30am at the East Jefferson Public Library 4747 West Napoleon Avenue, Metairie, La. (across the street from Tulane Lakeside Hospital)

Call Child Life at
(504) 780-4363 to register

**Tulane  Lakeside
Hospital for Women and Children**

4700 S. I-10 Service Road W • Metairie, LA 70001
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