

# Infant Massage

This class consists of two, 45 minute sessions taught by Elizabeth Erickson who has a Master's in Early Childhood Special Education and is also a Certified Infant Massage Instructor.

You will learn the history & benefits of infant massage, varying massage for the growing child, massage for babies with special needs, step-by-step demonstration and practice to make massage part of your daily life.

The class cost covers a step-by-step instruction book, 2 ounces of massage oil, and one or both parents are invited to participate in class. Materials needed for class:

- Infant, 6 weeks to 10 months
- Blanket
- Diapering supplies
- Be prepared to feed your infant as massage makes infants hungry & thirsty.

(Dolls are provided to take the place of infants for learning during the class when an infant cues that her/she cannot continue with the massage )

**Fridays, April 20th & 27th**  
**4:15-5:00 pm**

**Registration Number: 474**

**Class Fee: \$42D or \$56ND**



**Register online**  
**[trailsrecreationcenter.org](http://trailsrecreationcenter.org)**  
**or at the Front Desk**

