

FAP's New Parent Support Program

presents

INFANT MASSAGE

Calm & Soothe your Baby through Nurturing Touch



- THURSDAYS -
CALL FOR UPCOMING DATES
1:00 - 2:30 pm | ACS Classroom

Learn to massage your baby: research shows that babies who are massaged, may sleep longer, spend more time active & alert for learning, increase bonding and attachments to their parents and improve elimination. With nurturing touch you and your baby may also feel more relaxed. Classes are taught in small groups of parents/caregivers and their pre-crawling babies. Classes are spread over four weeks so your baby gradually adjusts to your nurturing touch.



Family Advocacy Program | New Parent Support Program

Register today:

Bldg. 200 | Phone: 703-805-4547 | POC: Nicole Nittle

All courses are provided by a Student Educator of Infant Massage who received training through Infant Massage USA.



belvoirMWR.com