

Baby Massage - Frequently Asked Questions

What do I need to bring to the class?

The room is set up so that each baby has a place set with a soft waterproof mat, 2 towels and a cushion for mum to sit on. When you come to your first class all that you need is yourself, your baby and the normal things that you'd take out (nappies, wipes, a bottle if needed etc). At the first class you'll be given a bottle of organic baby massage oil and a training manual, it's helpful if you can bring these back to future classes but don't worry if you forget. You'll be sitting on the floor so make sure that you are wearing comfortable clothes that you can easily move in.

What do I do if my baby needs feeding?

The class is a relaxed and informal environment and everyone is encouraged to do whatever they need to do for their babies. If you need to feed (either breast or bottle) then just go ahead. In class you will learn the massage strokes so that you can practice them at home, there are plenty of opportunities to review the strokes from previous weeks so just use the time to watch and relax! Once you have finished feeding it's best to avoid massaging your baby's tummy for a while but everything else is fine.

What if my baby is asleep or falls asleep during the class?

That's fine! Same as if your baby needs feeding just watch for a while and you'll be able to practice the strokes at home and in future classes. All the strokes are also shown in the manual for you to refer to at home.

What do I do if my baby starts to cry?

It's perfectly ok if your baby starts to cry during the class, just stop massaging for a while and do whatever you need to do (feeding, walking around etc), we discuss crying further during one of the sessions and how this relates to baby massage. Most babies will have a cry at some point during the course, so don't panic when it happens to you!

How many people are in each class?

The minimum class size is 4 and the maximum class size is 8. If less than 4 people have registered for a course then it may be necessary to reschedule you onto a different course or change the venue, if neither are acceptable then you will of course be offered a full refund.

What if I miss a class?

Each class we'll introduce a new set of strokes or movements. If you miss a class you'll be able to catch up at the next class when we review the strokes and you'll also have the manual to refer to.

What if I need to cancel my place on the course?

You can cancel your place up to the start date of the course, but please give as much notice as possible so that your place can be reallocated to someone else.

Once the course has started we cannot give you a refund (other than in exceptional circumstances) but you'll be able to transfer to a future course to catch up on the missing sessions.

What if the course I want to attend is full?

Please contact us and we can add you to a 'waiting list' – we'll do what we can to get you on the course!