How to Teach Baby Massage

A four day postgraduate course for Massage Practitioners, Body Workers and Health Care Professionals
Approved by Embody CThA (Complementary Therapists Association)
Validated by IPTI (Independent Professional Therapists International)

Sally Cranfield  IPTI
ITEC qualified

77 Chester Terrace, Brighton BN1 6GD
Tel: 01273 279691
sally@massageforbabies.com
www.massageforbabies.com

Course Prospectus
A practical course for those wishing to work with babies and parents, giving them the knowledge and experience to teach the gentle art of baby massage.

The demand for baby massage has grown as parents and carers realise the importance and value of touch during a baby's formative months. While the techniques are simple, it is important that baby massage teachers have a solid grounding in their application and a full understanding of their effects and benefits.

The course is designed and taught by Sally Cranfield. It is for small groups of students, eight at most.

Students who already have professional qualifications that include anatomy and physiology will receive a certificate approved by Embody CThA (Complementary Therapists Association) and validated by IPTI (Independent Professional Therapists International). The certificate for everyone else is validated by IPTI only. Either of these certificates will allow you to apply for professional insurance to teach baby massage to parents and carers.

There will be group work, individual tuition, visiting lecturers and supervised baby massage teaching practice for students to gain practical experience.

Included in the course are:

- Principles of baby massage
- Benefits
- Contra-indications
- Historical and cultural contexts
- Demonstration of teaching baby massage to mothers with their babies
- Baby massage practice sessions by students with parents and babies
- Basic anatomy, physiology and development of babies
- Preparation for baby massage
- Logistics of a class
- Setting up courses for parents and carers
- Importance and relevance of massage in baby care
- Learning strokes and sequences on dolls
- Plans and visions prepared by students
- Students' case studies during and after the course
- Assessments
**Sally Cranfield** is a massage practitioner and baby massage instructor. Since qualifying in London in 1987, Sally has been practising in Brighton, Hove and Lewes. She began teaching baby massage to parents and carers 23 years ago.

Sally has also run baby massage sessions for specific community groups such as young mothers and low income families. Day care nurseries in Sussex and Kent, including Early Years Nurseries, have benefited from Sally's baby massage tuition. She runs frequent training courses for groups of staff at NHS Primary Care Trusts, SureStart, Early Years and Children’s Centres all over England. Her classes have been recognised by features on South East News on television, local newspapers, magazines, BBC radio and The Guardian newspaper.

**Visiting lecturers:**

Catherine Olden RGN RSCN is a paediatric nurse in a research post at the Royal Alexandra Children's Hospital, Brighton and a qualified reflexologist.

Brigitte Burnett DO is a registered osteopath practising at the Children's Clinic at Dolphin House. She has taught paediatrics at the European School of Osteopathy.
Course: How to Teach Baby Massage
Venue: Brighton, East Sussex

Suitable for
Massage practitioners, bodyworkers, health care professionals and people working with families.

Accreditation

Embody CThA (Complementary Therapists Association) a professional association for qualified practitioners in complementary medicine, has approved this Massage for Babies course as worth 20 CPDs.

Also, IPTI (Independent Professional Therapists International), an association for alternative, complementary, fitness and health and beauty therapists, validates this course.

Certification

Certificates approved by Embody and validated by IPTI will be awarded on successful completion of the course, enabling students to apply for professional insurance to run baby massage sessions for parents and carers.

Book Now

To ensure individual attention, there are only eight places on this course so early booking is recommended.

For booking information, please contact Sally Cranfield
77 Chester Terrace, Brighton BN1 6GD
Tel: 01273 279691
sally@massageforbabies.com
www.massageforbabies.com

This prospectus is correct at time of publishing but may be subject to change.