

How to Teach Baby Massage

A four day postgraduate course for
Massage Practitioners, Body Workers and Health Care
Professionals

Accredited by Embody CThA (Complementary Therapists Association)
and rated as 25 CPDs



Sally Cranfield IPTI

ITEC qualified & Embody CThA accredited
baby massage teacher training

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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, who already have professional qualifications that include anatomy and physiology. 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
- Hands-on baby massage practise by students
- Basic anatomy, physiology and development of babies
- Preparation for baby massage
- Logistics of a class
- Importance and relevance of massage in baby care
- Instruction of parents by students in baby massage
- Presentations 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 has been teaching baby massage to parents and other carers for 18 years.

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 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 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 teaches paediatrics at the European School of Osteopathy.

Course:

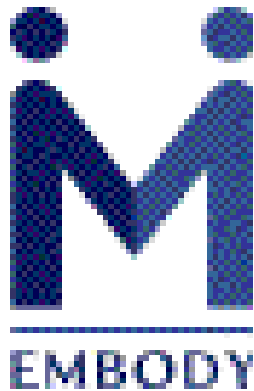
How to Teach Baby Massage

Suitable for:

Massage practitioners, bodyworkers and health care professionals

Venue:

Lewes, East Sussex

**Accreditation:**

Embody CThA (Complementary Therapists Association) a professional association for qualified practitioners in complementary medicine, has accredited this course as worth 25CPDs. A certificate recognised by Embody will be awarded on successful completion of the course, which will also depend on a satisfactory assessment.

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

For booking information, please contact Sally Cranfield
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The information in this prospectus is correct at time of publishing but may be subject to change.