INFANT MASSAGE

A PARENT AND ME SERIES For Children Ages <u>BIRTH TO CRAWLING</u> Tuesdays, February 23 to March 09, 2021 11 a.m. to 12 p.m.

Benefits of Infant Massage for Baby

Helps to decrease stress for you and your baby.
Helps relieve discomfort from constipation, gas, and colic.
Helps normalize muscle tone and improve blood circulation.
Stimulates brain development and improves sensory awareness.

• Promotes bonding and attachment.

Space is limited REGISTER in advance for this meeting: https://us02web.zoom.us/meeting/register/tZYqfuChqT8iHdLB4k5mjgqan6uh-cJ3FjeB

For more information contact Paola Coronado at 213.252.8348 or pcoronado@lanterman.org.

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