

Infant Massage

A pair of hands, one larger and one smaller, are shown holding a baby's foot. A small white daisy flower with a yellow center is placed on the baby's foot. The background is a soft, out-of-focus image of a baby's face.

A Parent & Me Series

For Children Ages **BIRTH TO CRAWLING**

Tuesdays, October 5th to October 19th, 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/tZYpc-2pqjwEtO9O2GDfVO9noTF1A8jh23u>

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

Frank D. Lanterman Regional Center
3303 Wilshire Blvd. Suite 700, Los Angeles, CA 90010

Program made possible by a contribution from the Fred and June MacMurray Foundation