

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 light color.

A Parent & Me Series

For Children Ages **BIRTH TO CRAWLING**

Tuesdays, January 18th to February 1st , 2022 1 p.m. to 2 p.m.

Benefits of 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/tZYkcuqsrDlpGNagq1hBghgzYmK-i0tKSciO>

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

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