

# Baby Massage

(6 weeks - 6 months old)



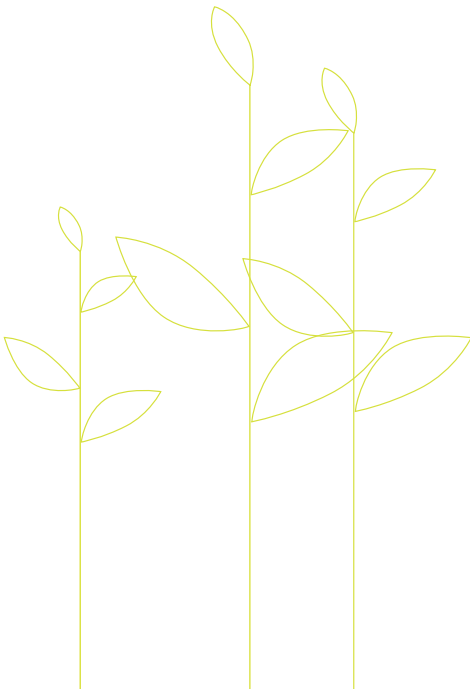
# Baby Massage

## What is Baby Massage?

Baby massage is the use of a nurturing touch from carer to baby which can help early bonding and relaxation. The Baby Massage sessions for mums and dads/carers of babies from 6 weeks to 6 months old demonstrate how to massage your baby. Delivered by an experienced teacher, the sessions take place in a relaxed setting and give parents and carers the chance to meet others.

## What can it offer you and your child?

- Baby massage encourages interaction with your new baby.
- It develops your bond with your new baby.
- It helps you understand your baby's cries and body language.
- It can teach you how to settle your baby and establish good sleeping patterns.



## What are the benefits for you and your child?

- Baby massage can give you a better understanding of your baby's needs.
- It gives you an opportunity to have extra special time with your baby, bringing you closer together.
- It enables you to meet other new parents and carers and make friends.
- It can also help to strengthen the relationship between you and your partner.
- It can provide you with extra support in the first months of your baby's life.

For more information about Baby Massage and when it is running, please contact your local Sunderland Children's Centre – details overleaf.



# Where to find your local Sunderland Children's Centre

## **Sunderland Children's Centre Thorney Close**

Thorney Close Action and Enterprise Centre  
Tel: 0191 553 4127

## **Sunderland Children's Centres Washington**

Rainbow Family Centre, Concord  
Tel: 0191 219 3995  
Wessington Primary School, Glebe Village  
Tel: 0191 219 3720  
Oxclose Primary and Nursery Schools  
Tel: 0191 219 3770

## **Sunderland Children's Centre Austin House**

Austin House Family Centre, Southwick  
Tel: 0191 566 2650

## **Sunderland Children's Centre Bunny Hill**

Sunderland Customer Service Centre  
Tel: 0191 561 8126

## **Sunderland Children's Centre Monument**

Barnwell Primary School, Penshaw  
Tel: 0191 553 6576  
Dubmire Primary School, Houghton  
Tel: 0191 382 3071

## **Sunderland Children's Centre Highfield**

Highfield Community Primary School,  
Ford Estate  
Tel: 0191 561 2050

## **Children's Services**

The Sandhill Centre  
Grindon Lane  
Sunderland  
SR3 4EN

Tel: 0191 520 5505

Fax: 0191 553 8886

Minicom: 0191 525 0075

Email: [fis@sunderland.gov.uk](mailto:fis@sunderland.gov.uk)

[www.sunderlandchildrenscentres.co.uk](http://www.sunderlandchildrenscentres.co.uk)

## **Sunderland Children's Centre Pennywell and South Hylton**

Pennywell Early Years Centre  
Tel: 0191 553 6820

## **Sunderland Children's Centre New Silksworth**

New Silksworth Infant School  
Tel: 0191 553 6190

## **Sunderland Children's Centre Hendon**

Valley Road Community Primary School  
Tel: 0191 553 7750  
Hudson Road Primary School  
Tel: 0191 553 7675

## **Sunderland Children's Centre Ryhope**

Ryhope Infant School  
Tel: 0191 553 6206

## **Sunderland Children's Centre Hetton**

Hetton Lyons Nursery School, Four Lane Ends  
Tel: 0191 553 6735

## **Sunderland Children's Centre Houghton**

Houghton Community Nursery School  
Tel: 0191 553 6557

## **Sunderland Children's Centre Millfield**

Millfield Community Nursery School  
Tel: 0191 553 2775  
Diamond Hall Infants School  
Tel: 0191 553 7620

## **Sunderland Children's Centre Grangetown**

Grangetown Primary School  
Tel: 0191 553 7650

## **Sunderland Children's Centre St Peter's**

Dame Dorothy Primary School  
Tel: 0191 553 7618

This information can be made available in large print, Braille, audio and other languages. Please contact the Families Information Service on 0191 520 5505 or email [fis@sunderland.gov.uk](mailto:fis@sunderland.gov.uk) for help.

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