

Who are we?

We are a team who specialise in working with parents and babies

Why do we do it?

Scientific evidence tells us that using touch and talking with your baby is essential for good brain development



I have learned gentle techniques to massage my baby and knowing when is an appropriate time to do so. I also learned massage techniques that help relieve gas which is really helpful and important!"

To find out more, scan these QR codes:

Relationship



Massage



Contact us

✉ familyhub@hounslow.gov.uk

ONE
HOUNSLOW

FAMILY HUB

Where do the courses take place?

Sessions are offered across:



Family Hub West
(Feltham, TW13 5AF)

Family Hub Central
(Lampton, TW3 4JG)

Family Hub East
(Brentford, TW8 0BJ)

Booking in advance is essential.



www.hounslow.gov.uk/familyhubs



London Borough
of Hounslow

Baby Massage

Connecting through touch



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What do you need to know?



Baby Massage is a course that will help you to can think about, observe and be with your baby.

It is ideal for babies aged 0–6 months.

It is a five week course that is free of charge for parents with babies. You need to book onto this course.

We encourage you to come to each session so that you can make the most of the group – you will then make friends more easily.



What happens during Baby Massage?

- We welcome you and your baby
- We notice how your baby is feeling today (are they asleep, awake, fussy, crying?)
- You try out a massage if your baby is awake and happy
- You use a doll if they're asleep
- You feed your baby if they ask you
- We take time to think together about what your babies are communicating.



What do we do?

We focus on relationships

- The relationship between you and your baby
- The relationship between your baby and other babies
- The relationship between you and other parents
- The relationship between you and the Parent and Baby team.

Touch is a way to connect with your baby

- We encourage you to follow your baby's lead
- You will learn about your baby through touch, their first language.