

# Soothing massage to calm your baby

SLEEP-deprivation caused by screaming babies could be a thing of the past with a new course on infant massage starting tomorrow.

Kellie Matthews, 32, will be demonstrating her baby massage techniques to mums, dads and carers who bring along their teething babes and restless tots to the class at the Monster Gym in Delamare Road, Cheshunt.

Kellie, who is a member of the International Association of Infant Massage (IAIM), says the benefits are endless.

As well as relief from colic, constipation and teething, babes can benefit from reduced stress and better sleep while the immune system is stimulated and bonding occurs between parent and child.

"Sometime the baby sleeps throughout the class and mum watches the massage strokes or it cries all the way through, and that's fine," said Kellie.

"And the class is for all babies. There have been babies with cerebral palsy in the class before who have benefited hugely.

"It is a wonderful skill for parents and the benefits and results speak for themselves. Everyone who has attended has enjoyed it and has gone on to continue to use part or all of the massage routine.

"Many still use massage on

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their children who are now toddlers for helping with ailments and calming during medical appointments and injections."

Tomorrow's session from 9am-11am will start with the legs and feet and will be followed by a second class on Saturday, October 20 on the stomach and techniques to release wind.

Successive sessions are on October 27 (arms and hands), November 3 (face and back), and November 10 when parents can do a whole body routine.

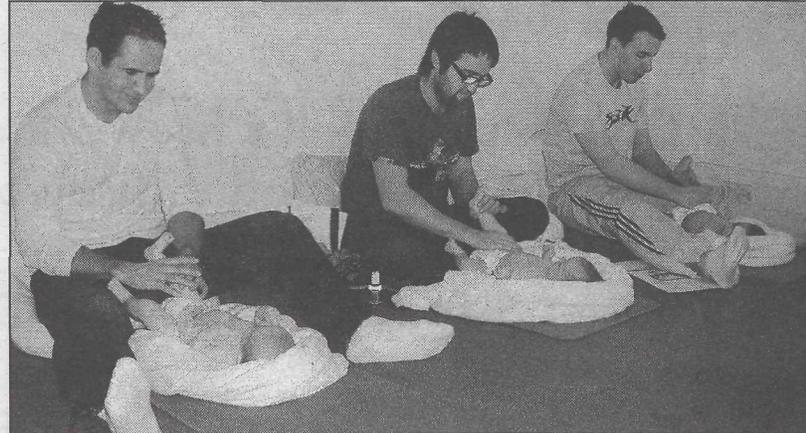
An appropriate massage oil for babies is used and the five-week course costs £50.

Kellie, who lived in Waltham Cross until recently and who is also a pregnancy masseuse and Reiki practitioner, decided to bring her infant massage skills to Cheshunt after hearing there was a lack of it in the area.

Babies up to crawling age are ideal for the class and Kellie, who demonstrates the strokes on a doll, accepts parents with tiny tots from four weeks old.

Instruction sheets are provided and parents can discuss problems and share ideas.

● Call Kellie for information on 07958 257156.



**FAMILY AFFAIR:** Top, fathers prepare to give their infants a massage; below, mothers show the results of a massage session – contented babies (s)

