

INFANT MASSAGE CLASS (5-WEEK SESSION)

FREE!

Learn to Massage Your Baby

A gentle, hands-on class for parents & caregivers of babies 0–12 months.

You'll massage your own baby while we guide you through each step. Your baby is always listened to, respected, and comforted throughout the session.

All families welcome—first-time parents and experienced parents
Babies attend with their caregivers.

Date&Time: We meet on Wed. from 10am-11am, starting Jan. 7th, 2026 until Feb. 4th, 2026
(5-week session) (*Snow makeup date Feb. 11th*)

Location: Jackson Street Elementary School (120 Jackson St, Northampton, MA 01060)

Sign-up for free:

Scan the QR Code or visit www.bit.ly/ECCpresents



What You'll Learn:

- ✓ Step-by-step massage strokes for each part of the body
- ✓ Learning and responding to your baby's cues
- ✓ Guided group discussions and shared parenting insights

Benefits of Infant Massage

- ✓ Deepens the bond between you and your baby
- ✓ Helps improve sleep and digestion
- ✓ Eases colic, gas, and constipation
- ✓ Encourages relaxation and reduces stress (for baby and parent!)
- ✓ Promotes sensory and brain development
- ✓ Teaches respectful touch and baby-led communication



The class will be taught by instructors trained through the International Association of Infant Massage (IAIM) as part of their certification practicum.

Emily Breines, OT, M.Ed. – Over 10 years of experience working with infants, toddlers, and their caregivers.

Krongkan (Cherry) Bovornkeeratiroj, DS, M.A. – Certified Circle of Security-Parenting® and specializes in early childhood mental health.