**Baby Massage Classes**

**Booking / Registration Form**

Please complete the form below as fully as possible, including your signature on the reverse.

Any information you give will be treated as confidential.

***Course booking for: 8th November – 6th December 2018 (5 weeks) Thursdays 10am -11 am***

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| Baby’s full name:  Known as (if different): |  | | | |
| Baby’s date of birth:  *We recommend baby massage classes are best for babies aged between 6 weeks and crawling* |  | | Boy / Girl | |
| Parent’s name (s): |  | | | |
| Address |  | | | |
| Telephone: |  | | | |
| Email: |  | | | |
| GP practice: |  | | | |
| Emergency contact details: Name:  Relationship to you:  Contact no: |  | | | |
| Have you and your baby had your 6 week post-natal check up? | Yes / No  *NB: this is for information – it is not a requirement for the course* | | | |
| Does your baby have any health conditions that you think we should know about? |  | | | |
| Do you have any health conditions that you would like to tell us about? |  | | | |
| Baby massage requires you to be able to sit on the floor (on a cushion) to massage your baby. If you have concerns about this, please contact me so we can discuss alternative solutions to enable you to join in. | | | | |
| Please ring or email if you would like to discuss any of these questions in confidence.  (see contact details below) | | | | |
| Are you happy for us to keep in contact with you, to provide you with information we think you may find helpful? | | | | Y/N |
| Are you happy for photos to be taken of you and your baby? | | | | Y/N |
| Are you happy for these to be used appropriately in promotional material, including on social media? (see below for details) | | | | Y/N |
| How did you hear about us? | |  | | |

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| **Payment:**  The cost of the course is ***£40*** for 5 x 1 hour classes. This includes a small bottle of oil for your personal use and a helpful booklet showing all the strokes we learn. Payment should be made at the time of booking.  The easiest way to pay is via BACS to Nurture, Sort Code 40 47 31 Account number 84806603.  Please give your name as the reference. If this is not possible, please get in touch to discuss alternative options. |

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| **Guidelines:**  Please read these carefully before coming to class.  Bonding is an important part of the baby massage process. Only you will work on your own baby.  Baby massage is baby led – we never rush or force anything. Both in the class and when practicing at home, if you or your baby are feeling stressed, tense or unhappy, please take a break and come back to the massage later. The amount of massage we do will increase over the course to allow babies to become familiar with it.  Always ensure that you feel safe, secure and confident with the way you are holding or working with your baby. Take care of your own health, ensuring you adjust your posture as needed. Never do anything that you do not feel comfortable with. Remember this is a shared learning experience for you and your baby.  Whilst baby massage can help with certain conditions it is not an alternative to or replacement for conventional healthcare. If you have any concerns about your baby’s health, please seek appropriate medical help.  If your baby is unwell, it is best not to attend the massage class. If your baby is crying excessively and cannot be comforted, he/she may be ill. Never practice on a distressed baby, or if your baby is limp, pale, has a temperature, or any difficulties breathing; instead seek appropriate medical help. It is not recommended to practice within 24 hours of your baby’s immunisations.  Due to the small size of the groups we are not able to offer for you to “catch up” missed sessions on subsequent courses for any missed classes. However, as the massage routine is built up over the course all strokes will be repeated and you will still have the opportunity to learn them all. If you are unsure about any strokes please do speak to me about this.  Please show respect for the other members of the group and their parenting choices.  Disclaimer - Please read and sign:   * I have read the above guidelines and will ensure that I adhere to them. * I take full responsibility for myself and my baby, and for everything that happens to me and my baby in relation to the Baby Massage class. * If I have any doubts, I will discuss with the Baby Massage instructor and if appropriate will seek the advice of my medical professional before proceeding with Baby Massage classes. * I will keep the Baby Massage Teacher informed of any health issues that arise over the course of the classes, both for me and my baby.   Signed: ………………………………………………….  Date: ………………………………………………….. |

Contact details: Liz Blount email: [liz.blount@nurtureyork.co.uk](mailto:liz.blount@nurtureyork.co.uk) or mobile 07703 405033

nurtureyork.co.uk

Member of the Federation of Holistic Therapists. Insured by Holistic Insurance Services.

*\*In accordance with NSPCC guidelines, children’s names will not be used in photograph captions, and only suitable images (taking into account clothing etc) will be used.*