**Baby Massage Classes**

**Booking Form**

*Please complete the form below as fully as possible. The purpose of requesting this information is to help me ensure the class meets your needs as much as possible. Any information given will be treated as confidential.*

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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 4 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 **£25** for 5 x 55 min classes. Payment should be made at the time of booking.  Please pay via BACS to Nurture, Sort Code 40 47 31 Account number 84806603.  **Optional add-ons – please tick if required and add cost to total:**   * Grapeseed oil – 100ml glass bottle with pump spray – gentle yet nourishing, an ideal oil to use when massaging your baby:   + £3 each plus postage (£3.50) – **total £6.50** *or*   + £3each plus delivery in York area (£1.50 within 5 mile radius of YO26 5BU) – total **£4.50** * “Your Handy Guide to Baby Massage” – 6 page booklet with photos and descriptions for all the strokes we learn and rhymes to use –   + £2 each plus postage (80p) – **total £2.80**   + £2 each with free postage/delivery if ordered with oil(above) – total **£2**   Total amount paid: £………………………………………………….. |

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| **Guidelines:**  Please read these carefully before attending class sessions.  Baby massage is baby led – we never rush or force anything. Both during our sessions 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.  For optimum learning and for the wellbeing of you and your baby, it is important that I can see you massaging your baby during the sessions i.e. I have a clear view of your hands on your baby. Please ensure that you can position your camera to enable this.  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.

*\*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.*

*Zoom sessions will all be password protected and will* ***not*** *be recorded*