

Terms and Conditions and What to Bring With You

- **I would request that you have a towel and changing mat for your baby to lay on, to catch any accidents which may occur during the massage, or to keep him/her warm or comforted.**
- Each session can last up to 1 hour 30 minutes, depending upon the amount of chatting we do, as discussions about being a parent and a tea/coffee are included in the course.
- It is also recommended that you have a drink to hand for your baby at the end of the massage each week as he/she is likely to be thirsty even if it is not his/her usual feeding time.
- Both breast feeding and bottle feeding are welcome during the class and bottle warming facilities are available.
- Your baby is welcome with all of their moods and personalities and a crying baby will not be shushed in my classes.
- I promote a relaxed session and encourage you to meet any of your babies' needs, such as feeding, cuddling or sleep during the session.
- To gain the most from the course and ensure your baby has the most enjoyable experience possible, you will be encouraged to ensure that this is quality 1:1 time between you and your baby by switching off mobile phones or other distractions as you arrive.
- I will do my utmost to ensure that the room is suitably warm, as your baby will be undressed and is a relaxing environment
- Should you be unable to make any of these dates, for example due to sickness, partial payment is non refundable as the course can be fully covered in the remaining sessions and is designed to allow for this.
- All strokes are reviewed in subsequent weeks and handouts with illustrations are provided.
- If however, a session is needing to be cancelled on my behalf, then a further session will be provided at a later date agreeable to yourself and the group.

I look forward to seeing you there!