

# SENSATIONAL BABIES

## Infant Massage Class Series

5 class series for 1 hour  
each week: must attend all 5 classes

Recommended for Infants  
8 weeks-Precrawling



Family Resource Center  
SHEBOYGAN COUNTY



- Learn new massage strokes over the course of 5 weeks.
- Learn relaxing massage routines, how to identify baby's cues and behavioral states.
- Learn methods to stay connected with baby as baby grows.
- Build a community with other parents & caregivers.

### Benefits of Infant Massage:

- Supports bonding and attachment
- Improves sleep quality
- Reduces stress
- Improves self regulation
- Supports physical development
- Supports brain development
- Relieves digestive discomfort
- Relives pain & tension
- Encourages non-verbal communication



Taught by Certified Educators  
of Infant Massage (CEIMs)

For more information on next session dates or for questions please scan the QR code, email [blemke@frc-sc.org](mailto:blemke@frc-sc.org) or text/call (920)449-2005.