



RELAX YOU AND YOUR BABY

(INFANT MASSAGE)

This 5 week program runs for one hour on a Wednesday morning. It is for parents of babies 0-10 months and explores baby's body language and their unique sight, sound and sensory cues. It is their way of telling us what they want. Learn to do baby massage and use it as a method of connection and communication which is effective for settling and sleep problems.

DATE

Wednesday 11 August
– 8 September 2021

TIME

9.30am – 10.30am

VENUE

Victoria Avenue Public School,
64 Victoria Avenue,
Concord West

COST

\$30.00 for the 5 week program

Membership for 2021/22 is \$15.

(Course fees are negotiable for families experiencing financial hardship at this time)

Facilitated by Dympna Kennedy. Priority is given to DCC members and local parents in the City of Canada Bay area and surrounding suburbs.

Learn how to respond to your child's cues and read their 'hidden' messages in their behaviour. A beautiful course to connect deeply with your baby. This course is provided in a caring, supportive and friendly environment at Victoria Avenue Public School Hall – next to the Child & Family Health Clinic in Concord West. Please wear comfortable, stretchy clothing and we recommend bare feet. We recommend you also bring a mat or a beach towel for yourself and a blanket for your baby to lie on. (Yoga mats are great!)

WHAT OTHERS HAVE SAID ABOUT THIS COURSE

"This was the best money I ever spent on my baby!!! This is an excellent class for both mums and dads to bond with their bubs. Dympna is an awesome teacher with a great personality" Fujitomo, Burwood
"Dympna is passionate about promoting calm, confident and contented babies and children and has taught me this starts at home. This special lady is so gentle and sincere will enrich your relationship with your child forever." Rosemary, Concord.

DELIVERED BY DYPMPNA KENNEDY

Dympna is a qualified parent educator, early childhood advisor, baby massage and baby yoga trainer and practitioner. She is a local parent of two, a public speaker and author of several books.

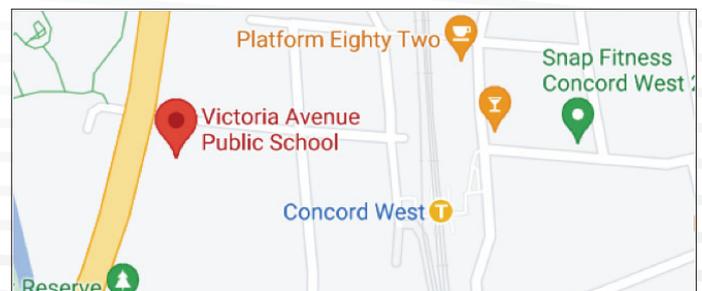
HOW TO REGISTER

To book your place, please complete our Parenting Registration Form and send it to info@dcc.org.au. Our Parenting Registration Form can be found at www.dcc.org.au/families or by emailing our office on info@dcc.org.au or calling 9719 8102.

Coordinated by Drummoyne Community Centre with support from Victoria Avenue Public School and the NSW Department of Communities & Justice.

GETTING THERE

Victoria Avenue is a short 3 minute walk from Concord West Railway Station. It is located at 64 Victoria Avenue, Concord West.



📍 10 Cometrowe St
Drummoyne

☎ 9719 8102

🌐 www.dcc.org.au

✉ info@dcc.org.au