

BABY SIGNING

SIGN SAY & PLAY classes are for parents & babies to attend together & are built upon activities that stimulate a baby's development. Classes are conducted over six 45-minute weekly sessions & use fun songs, books & activities to teach parents & babies to communicate. Advanced classes also available introducing more complex concepts & signs for older signing babies.

Parent Workshops are designed to give you an introduction to **BABY SIGNS**. Learn the basics of the program in one session, discover the groundbreaking research behind the program, the "How To" of teaching a baby to sign, as well as having fun learning numerous signs in the context of games, songs & entertaining activities.

ON THE GROW classes are also fun & exciting & go beyond signing to draw from Dr Linda Acredolo & Dr Susan Goodwyn's other two best-selling parenting books, *Baby Minds* & *Baby Hearts*, with topics as diverse as "tummy time" for infants & nature themes for pre-schoolers.

What is the Baby Signs® Program?



Baby Signs®, the ORIGINAL sign language program for hearing babies, has been bringing powerful, research-proven benefits to babies and their families around the world for over 25 years.

The **Baby Signs®** Program is the world's leading program for hearing infants and toddlers because it is the only baby sign language program that:

- was developed by child development experts specifically for hearing babies.
- has been scientifically tested and proven to provide positive benefits for babies and their families.
- is based on simple gestures with added flexibility to meet the needs of all families.
- offers a full range of signing classes & products for babies, parents & child development centres.

Learn signs with fun songs and games whilst stimulating growth in your baby's:

- Motor development
- Brain development
- Language & literacy development
- Social & emotional development

BABY MASSAGE

Come & enjoy a 5 week course run by our Certified Instructor with the **International Association of Infant Massage**. Research shows that our earliest experiences with touch can influence every aspect of our lives. **NUTURING TOUCH** (or lack of it) can influence the way we think, act, feel & relate to others.

WOULD YOU LIKE TO:

- Form a strong bond of love & trust with your baby?
- Improve your baby's sleep/awake pattern?
- Relieve your baby's wind or colic?
- Assist with baby's growth & neurological development?
- Improve your baby's sensory awareness?
- Understand more about what your baby is telling you?
- Be part of a friendly and non-judgmental atmosphere in a relaxed setting with other parents?

WHY ATTEND A COURSE?

The strokes and styles of massage which have been validated through research are easier to grasp when demonstrated by a trained instructor. Some of the skills and topics you will learn are stroke, pressure, rate and rhythm. A routine for colic, relaxation and parent empowerment.

Come meet BEE BO our Signing Bear!



Documented benefits of the International Association of Infant Massage Program are classified into four main areas

Relaxation

- Improved sleep patterns
- Normalises muscle tone
- Increased flexibility
- Improved ability to calm
- Reduction in stress hormones
- Higher levels of relaxing and brain development hormones (esp. oxytocin and serotonin)

Relief

- Postnatal depression and anxiety (for *some* parents)
- Gas, tummy troubles & "colic"
- Constipation / Cramps
- Growing pains
- Teething discomfort
- Disorganisation of the nervous system (incl. touch sensitivity)

Stimulation

- Circulatory system
- Digestive system
- Hormonal and immune system
- Nervous system and brain
- Respiratory system
- Vestibular system (coordination and balance)
- Attentional systems (learning and concentration)
- Muscular development
- Growth
- Elimination
- Sensory integration
- Mind/ body awareness

Interaction

- Improves parents' confidence and trust in their own abilities
- Improves bonding and secure attachment (important for life-long mental health)
- Supports the development of trust and confidence
- Assists verbal/ non-verbal communication
- Develops pre-verbal language skills
- Promotes facial & emotional recognition, and imitation (essential for social skills)
- Utilisation of the senses to communicate feelings of love, respect and being valued





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International Association of Infant Massage, the world's most experienced infant massage organisation, delivering a unique work solidly grounded in the most up to date scientific and medical evidence for over 30 years



Who Where When?



Classes offered at
Stepping Stones Child Psychologist.
 Unit 6 Lakeside, Liuzzi St, PIALBA 4655

Please call or come visit us to find out more information on our classes, personalised home visits or catering for your special group.

P: 4194 5944 admin@childpsychologist.biz
 www.childpsychologist.biz

SERVICING HERVEY BAY, MARYBOROUGH & BUNDABERG

Baby Massage

Closely connect with your beautiful baby



Baby Sign Language

Learn signs with fun songs & games

