

Baby Massage Course



A five week course where parents can learn basic massage techniques that they can use with their baby.

Each class lasts approximately an hour and a half. All course equipment is provided. This includes organic massage oil, course handouts and tea/coffee and a sweet treat!

Classes are baby led so you are free to tend to your baby as you need.

This course is being run by the Better Finglas Project and is free to all families living in Finglas.

Interested in registering for the next class

Please contact:

Better Finglas – 01-8642941

