Benefits of Baby Massage

Infant massage is an incredible way to bond with your child. It is a simple way to improve your child’s social and physical development. It can also be a great part of your nighttime routine.

**BENEFITS FOR BABIES:**
- Improves digestion
- Increases circulation
- Relaxes and calms baby
- Helps the child acquire a sense of self
- Improves child’s self-esteem

**BENEFITS FOR PARENTS:**
- Improves your confidence in child rearing
- Strengthens your bond with your child
- Improves non-verbal communication
- Relaxes you