



# Parent and Baby Courses

Come and meet other new local parents!

## Baby Massage

Baby massage facilitates the perfect opportunity to interact with and get to know your baby better. Regular massage is beneficial for colic, wind and constipation.

*"Very supportive. Gives confidence to both parents and baby."*

Four session course £50

9:30am-11am on Fridays 22<sup>nd</sup>, 29<sup>th</sup> September  
and 6<sup>th</sup>, 13<sup>th</sup> October 2017

## Baby Empowered Parenting Course

Introductory course to help prepare new and expectant parents with all the parenting information that the mainstream courses do not provide.

*"I wish I'd done this course 2 years ago!"*

Two session course £50 per individual attending,  
or £90 for a couple

10:15am-12:15pm on Fridays 3<sup>rd</sup>, 17<sup>th</sup> November 2017

The Gower School Nursery  
28 North Road, N7 9EY

For booking and information,  
contact nursery office:

0207 700 2445 / [info@thegowerschool.co.uk](mailto:info@thegowerschool.co.uk)

