



move play stretch feel breathe believe relax



Help encourage

social
cognitive
emotional
communicative
and physical development

Baby Mindful classes offer parents/carers the chance to switch off from the outside world and find a place of peace, contentment and calm to simply enjoy being with their baby.

Tuesdays 1:00pm - 1:45pm
Starting 21 January 2020

Littleborough Sure Start Centre
Denhurst Road
Littleborough
OL15 9LD

£12 for a block of 6

Enlightening

Castleton Health & Leisure Centre
Manchester Road, Castleton, OL11 3AF
Tel: 01706 630 750 Mob: 07722 285 367
admin@enlightening.org.uk



Supports natural development

Encourages bonding



Baby Mindful Classes

For new parents and their babies
(0—6 months of age)

~ Cared for babies welcome ~

Confidence building

Being not doing

RELAX KIDS 7 STEPS

Move - gentle movement and warm-up games

Play - simple games, played at a slow pace

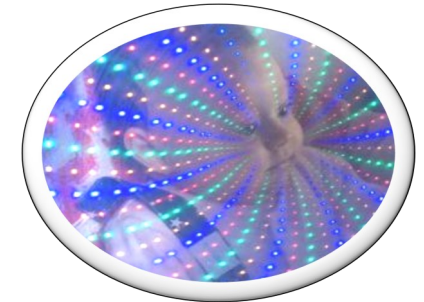
Stretch - gentle stretches for babies and parents

Feel - gentle touch

Breathe - simple breathing exercises for parents

Believe - positive affirmations for parents and baby

Relax - a time to let go and relax



BENEFITS FOR BABIES

- * Stimulates and calms whilst supporting their natural development.
- * Encourages their confidence and awareness along with their cognitive, communicative, social, emotional and physical development.
- * Enhances bonding through enjoying quiet and unhurried time with parents/carers.
- * Their needs are responded to calmly and confidently.

BENEFITS FOR PARENTS

- * Supports parents/carers to build a calm, safe, and soothing space where they can grow and transition into their new roles.
- * Spending quality time with their baby in a calming and supportive atmosphere helps the parent/carer to relax, unwind, and feel more confident and grounded.
- * Enables parents/carers to take note of their feelings, and to develop the tools to calm or adjust themselves as needed.
- * Helps parents/carers learn how to respond to the 'dance of parenthood' from a place of feeling calm and centred.
- * Helps parents/carers feel calmer and more relaxed while they bond with their baby and support their development.
- * Introduces practical life tools that will be beneficial throughout their parenting journey.
- * Helps parents/carers become more aware of the link between their emotional state and that of their baby.
- * Encourages parents/carers to realise that their needs are important too, and to recognise the value of nurturing themselves.
- * Encourages parents/carers to believe that they have the "permission" to just stop and rest, and to take some time for themselves