

Give Your Little One the Benefits of *Nurturing Touch*

Join Our Infant Massage & Baby Steps Program to Learn How to Foster Your Baby's Development

This program is offered at no cost and is designed to help parents read their baby's cues, increase secure attachment and develop loving and nurturing relationships early in life.

Call
877.504.2299
for program dates, times and locations!

Scan for more information



Infant Massage

Learn about the benefits of infant massage and how to listen and communicate with your baby.

- Become aware of your baby's cues
- Listen to infant sounds and observe body movements

Baby Steps Program

Parents want to provide the best for their newborn, but the early days can be long and demanding. Learn strategies and get support at a free Baby Steps gathering. Parents and children from birth to 15 months of age (prior to walking) are welcome.

- Understand your baby's cues and how to respond sensitively
- Build a stronger bond with your baby
- Develop self-confidence in parenting
- Connect with other parents

PALOMAR HEALTH

Reimagining Healthy Development Services

