



**BRING YOUR  
BLANKET AND  
PILLOW!**

## Are you a new parent?

Learn an easy way to bond with your new bundle of joy. Bring your baby to an Infant Massage class and find out how to provide a loving touch right from the start! Join us and learn:

- Infant massage techniques.
- How to recognize and understand your baby's cues.
- Developmental milestones.
- Play activities to promote healthy development.
- Routines to encourage strong family relationships and good health.

You'll meet once a week for four weeks. Each lesson builds on the previous one, so plan to attend all four sessions. We'll provide you with light snacks.

You must register to attend. If classes are full, we can place you on a waitlist. We do our best to accommodate every request.

**Register at (253) 798-4569 or [www.tpchd.org/fspreferral](http://www.tpchd.org/fspreferral).**

Sponsors:



**May/June series**  
 Wednesdays  
 May 29, Jun. 5, 12, 19  
 10:30-11:30 a.m.

**July/August series**  
 Wednesdays  
 July 17, 24, 31, Aug. 7  
 10:30-11:30 a.m.

**Where**  
 Eastside Family  
 Support Center  
 3569 E. Roosevelt Ave.  
 Tacoma, WA 98404

Infant Massage is an evidence-based  
 program led by a Loving Touch  
 Certified Infant Massage Instructor.



Tacoma-Pierce County  
**Health Department**  
 Healthy People in Healthy Communities

[www.tpchd.org](http://www.tpchd.org)