



Little Lotus Baby

Tiny Tummy SOS Experience

Learning Experience

During the Little Lotus Baby Tiny Tummy SOS Workshop you will learn through practise & experience.

We will cover;

- Relaxation for parents
- Cues & communication with baby
- Intro to Baby Yoga
- Baby Yoga to aid and help ease Colic, Wind & Constipation
- Intro to Baby Massage
- Baby Massage routines to aid and help ease Colic, Wind & Constipation (including reflexology)
- Sensory relaxation for baby
- Refreshments & chat

Access to Little Lotus Mums Club

Signing up to a Little Lotus Baby workshop means that you are able to join the Little Lotus Mums Club. Giving you access to a private Facebook support group and you will receive invites to sign up to Mummy and Baby coffee morning sessions at the Little Lotus Studio.

Support

Please feel free to contact me with any questions or queries relating to the workshop before or after your session.

Learning Guide

After attending the workshop you will receive an information guide about what we have covered. This will help you to carry on with your practise at home. Please only practice moves you feel confident with at home and seek further advise on anything you are unsure of.

Oil

You will receive a bottle of pure sunflower oil that you can use during your Baby Massage workshop.

We will discuss the use of oils and the different types of oils during the workshop so that you can decide which you would like to use at home with your baby.

*Patch testing oil is a necessity



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What to bring?

A towel for baby to lay on that smells of your home, their favourite toy, a dummy if they find one comforting, feeding equipment for milk/water, changing bag.

What to wear?

Please dress your baby in something that is comfortable for them to wear and easy for you to get on and off them (for the massage part of the workshop).

For yourself please wear comfy clothes that you can sit on the floor in and that you do not mind if you get oil on. Layers are good so that if you/baby get hot you can reduce clothing and then add a layer for relaxation time if needed.

When can I not do baby Yoga/Massage?

Please let me know if your baby has;

- Acute infection
- Fever
- Sickness/diarrhoea
- Undiagnosed lumps or bumps
- Contagious disease
- Inflammation
- Recent haemorrhage
- Jaundice

What if my baby cries?

We don't mind! Babies cry for all different reasons as a way to communicate. It does not mean that you are doing something wrong or that your baby does not like what you are doing. If your baby begins to cry during the session you are the best judge of whether to finish, continue or take a little time out for a cuddle/feed/change etc. Remember workshops are about learning how you can communicate, soothe, connect with and enhance the development of your baby. It is better to do a minute of Yoga with a happy baby than a whole session with a baby that needs something else at that time. There will be plenty of opportunity to practice at home & you can contact me after the workshop for support if you need. Please talk to me further if you are worried.