

# Baby Clinic

On Monday mornings (10am -12pm) The Health Works invites you to our free ante-natal/post-natal advice clinics. We have health professionals providing information on pregnancy health issues; pain relief during labour; post-natal problems including breastfeeding & depression; newborn baby care including colic, fevers, rashes, teething; general childhood ailments & diseases.



At The Health Works we have a wide variety of complementary therapies that are ideally suited to pregnant women & their babies. Included are acupuncture, homeopathy, hypnotherapy, medical herbalism, nutritional therapy, osteopathy, reflexology, reiki & a wide range of massage therapies. We also carry out safe, natural methods of induction.

The Baby clinics are a drop-in service for pregnant women & their partners & for parents with babies.

## Yoga

Mondays 5.30, \*6.30 & 7.30pm

**\*Special Ante-natal classes**

**Tibetan Yoga for Weight management**

**Hatha Yoga**

Conducted by Anjali

Tuesdays 6.00, 7.00 & 8.00pm

**Hatha Yoga**

**Special Shadow Yoga**

Conducted by Emily

Traditional Hatha & Iyengar Yoga is taught, tailor made if needed, for beginners, the elderly & those with limited flexibility. A wonderful way to relax tone & rejuvenate yourself from the stress in your life.

6 week course for £60

10 week course for £100

Special walk in classes on certain days & times

## Baby Yoga

Classes for the well being of the new parent and baby.

The deep relaxation helps mums and dads cope with the stresses of parenting.

Classes integrate postnatal stretches, use of yoga breathing techniques & in depth muscles toning.

Baby yoga helps you & your baby get to know each other, creating a joyful interaction.

Your baby behaviour will be more settled.

The physical activity will help baby to sleep more deeply.

Baby yoga & massage stimulate your baby's nervous & digestive system, alleviating common ailments like colic, crying & poor sleep.

Classes on Monday & Wednesday mornings

6 week class for £60

Adult Yoga: **maximum 4 people per class**, individual attention & guidance. If you would like a class individually tailored for your needs please call and speak to Jo Redmond, Centre Director.

## Chatterbabies - Sign with your Baby

Baby signing was developed by Dr Joseph Garcia, a U.S. child development expert. He observed hearing babies of deaf parents easily learned sign language, noticed these babies seemed less demanding than non-signing babies precisely because they could express their thoughts & needs more easily and thought, why shouldn't hearing parents of hearing babies enjoy the benefits of signing, too? With signing you no longer have to play a guessing game about what your child wants, thinks or feels. Your baby will be able to communicate much more to you than just his basic needs. They can say that they have seen a 'duck' in the pond or that they are glad it's 'bath' time. This is because babies gain control of their hands long before control of vocal chords & lip, tongue & teeth co-ordination for understandable speech. Baby signing groups say that it helps promote early language development, as spoken words are always used at the same time as the sign is made. Learning to sign can help boost a baby's self-esteem & self-confidence while reducing frustration levels.



These sessions are based on the award-winning **SIGN with your BABY**™ programme.

Classes held on Thursdays 10.30 -11.30.

6 week class for £60

Babies' age range from 6-18 months