

Outreach and Family Support

Baby Massage & Baby Yoga Policy & Procedure

Statutory Framework for the Early Years Foundation Stage

Quote Reference: 3.1

'...Providers create high quality settings which are welcoming, safe and stimulating'

Purpose of the Policy

The purpose of this Policy is to secure a clear understanding of the responsibilities of those people involved in the delivery of Baby Massage and Baby Yoga by Family Centre employees, either in the home or in other venues such as Clinics and/or Family Centres on a one to one basis or in a group.

There are a number of benefits to Baby Massage and Baby Yoga, some of which are identified as follows: -

- Stimulates all body systems
- Encourages deep breathing
- Improves flexibility
- Helps overcome any birth traumas
- Improves digestion
- Helps baby understand relaxation
- Creates a wonderful parent/baby interaction opportunity
- Improves sleep patterns
- Is fun!

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Policy Approved by: ECS, Senior Management Team
Policy Issue Date: 1.4.2019
Next Review Date: April 2020

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Baby Massage and Baby Yoga is not appropriate if:-

- The baby does not give permission i.e. crying, asleep or is disengaged.
- The baby is unwell i.e. has a high temperature.
- The baby is suffering from soft tissue injury or fracture of any kind.
- The baby is undergoing specialist treatment – unless medical permission has been given.
- The baby has known or suspected hip problems.
- The baby is suffering from severe eczema, skin infection e.g. chicken pox.

We aim to:

- Provide Baby Massage and Baby Yoga sessions that are accessible and inclusive to the local community. Baby Massage sessions will be available for babies from 6-8 weeks old. Baby Yoga sessions will be available for babies from 12 weeks old.
- Deliver Baby Massage and Baby Yoga sessions in a safe and appropriate environment in conjunction with Health care professionals.

What you should do

- Request details of the next available Baby Massage and Baby Yoga sessions from Family Centre staff.
- Inform staff of your baby's medical conditions by completing a **Baby Massage & Baby Yoga Booking Form**. Inform the Instructor during the course of any changes to medical conditions.
- Once a session has been confirmed with you, bring a blanket and an appropriate change of clothing for your baby.
- Attend the full course of Baby Massage and Baby Yoga (up to 5 weeks) and sign the attendance register.
- Do not bring your child to the sessions if they are ill or immediately following vaccinations.
- Remain responsible for your child at all times during the Baby Massage and Baby Yoga sessions.

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- Complete evaluation of the courses to assist us to evaluate our services.
- Participants will be expected to encourage speech and language development of their baby by participating in singing activities as part of the sessions.

What we will do

- The Family Centre Manager will ensure all Instructors employed by the Family Centre are aware of and comply with the principles outlined within this Policy and Procedure.
- The Family Centre Manager will ensure Instructors delivering Baby Massage and Baby Yoga are appropriately trained and hold a relevant recognised up to date qualification.
- The Family Centre Manager will ensure appropriate risk assessments have taken place prior to delivery of Baby Massage and Baby Yoga sessions.
- Regularly monitor and evaluate the effectiveness of delivery of Baby Massage and Baby Yoga sessions.