

WELCOME

Thank you for your interest in my parent & baby reflexology sessions. Join me for a supportive 3-week journey designed to strengthen the bond between you and your baby while promoting wellbeing for you both. Becoming a parent is one of life's biggest transitions.

ABOUT ME, REBECCA

I am a qualified reflexologist with additional training in parent and baby reflexology. I am passionate about supporting families during the early stages of parenthood, creating a safe and nurturing space for both babies and their carers.

WHAT IS BABY REFLEXOLOGY?

Baby reflexology combines gentle movements, holds and techniques that support your baby's physical and emotional development. These gentle movements support relaxation, encourage better sleep and soothe digestion.

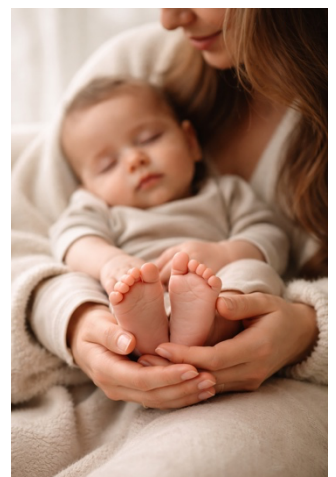
COURSE BENEFITS

For Your Baby:

- Supports your baby's natural movement patterns
- Eases common discomforts like colic, wind, and constipation
- Encourages healthy sleep patterns
- Builds body awareness
- Provides sensory stimulation
- Creates a calming routine
- Strengthens bonding with you

For You:

- Learn practical skills to use at home
- Build confidence in handling and caring for your baby
- Connect with other parents in a supportive environment
- Take time for yourself in a nurturing space
- Learn relaxation techniques to reduce stress and anxiety
- Feel supported during this life transition



WHO IS IT FOR?

My sessions welcome babies from 4 weeks old up to walking, along with their parents or carers (with parental permission). No previous experience is needed.

WHAT TO BRING

- A small blanket/towel for your baby
- Any feeding or changing supplies you might need
- Wear comfortable clothing you can move in

3-WEEK COURSES

The structured 3-week course allows you to build skills progressively and form connections with other families. Each course includes:

Three, 1 hour weekly sessions
Small, friendly groups
Take-home resources and tips
Ongoing support and guidance
A relaxed, welcoming atmosphere

IMPORTANT SAFETY INFORMATION

- Always consult your GP or health visitor if your baby has any medical conditions
- Never force any movements - follow your baby's cues
- If your baby is unwell, please stay home and join us when they're better
- Let me know about any concerns or questions before we begin

GIVE YOURSELF AND YOUR BABY THIS GIFT

These early months are precious. Invest in connection, confidence, and calm.

ANY QUESTIONS?

07845 599256
becki@rebeccasreflexology.co.uk
rebeccasreflexology.co.uk
@rebeccas.reflexology



I look forward to welcoming you and your little one.