

Baby Massage and Tummy Time Play Policy & Procedure

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 Tummy Time Play, either in the home or in other private hire venues, such as community centres, local halls and studios etc., on a one to one basis or in a group.

There are a number of benefits to Baby Massage and Tummy Time Play, some of which are identified as follows:

- Stimulates all body systems
- Encourages deep breathing
- Improves flexibility
- Improves baby's ability to move and control their own muscles
- Develops core muscles need for independent movement
- Helps overcome any birth traumas
- Improves digestion
- Helps baby understand relaxation
- Engages baby in the world with a different view
- Creates a wonderful parent/caregiver and baby interaction opportunity
- Improves sleep patterns
- Prevents positional conditions
- Is fun!

Baby Massage or Tummy Time Play 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.



Little Cubs Baby Hub

At Little Cubs Baby Hub we aim to:

- Provide Baby Massage and Tummy Time Play sessions that are accessible and inclusive to families in our local community.
- Baby Massage and Tummy Time Play sessions will be available for all babies; some parents do prefer to wait until 6-8 weeks old, after baby's GP check.
- Deliver Baby Massage and Tummy Time Play sessions in a safe and appropriate environment.

What you should do:

- Request details of the next available Baby Massage or Tummy Time Play sessions by contacting Little Cubs Baby Hub via email, website contact form or social media messaging. Please note, on occasion the venue may facilitate booking via their website or booking system.
- Inform Little Cubs of your baby's medical conditions by completing a Booking Form, and keep the Instructor up to date with any changes during the course.
- Once a session has been confirmed with you, please bring a blanket, massage medium and an appropriate change of clothing for your baby. Any additional items will be provided for you, unless communicated by your Instructor.
- Attend the full course (up to 5 weeks), or workshop, 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 sessions.
- Complete evaluation of the courses to assist us to evaluate our services, and leave reviews and comments for Little Cubs to share with potential clients via the website and social media.
- 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 Little Cubs Baby Hub do:

- Instructors will be aware of and comply with the principles outlined within this Policy and Procedure.
- Instructors delivering Baby Massage and Tummy Time Play will be appropriately trained and hold a relevant recognised up to date qualification.
- Little Cubs Baby Hub will ensure appropriate risk assessments have taken place prior to delivery of Baby Massage and Tummy Time Play sessions.
- Regularly monitor and evaluate the effectiveness of delivery of Baby Massage and Tummy Time Play sessions.

Policy Review: 03.12.2024 Policy Approved by: Little Cubs Baby Hub

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