



Precious Time: Sweet Ways To Be With Your New Baby

April 14 – May 26

Tuesday Mornings at 9:30

The first year of a new family's life is poignant and important. This six week class will facilitate experiences for parents with bonding, communication, connection, soothing, sleeping, and just being with their new baby. Classes include:

- Baby "Talk" and "Dance" (nonverbal cues and facilitated movement)
- Baby Massage and Lullabies
- Finger Plays and Working with the Senses
- Working with Attachment
- The Importance of Tummy Time
- The Cycle of Satisfaction



**Explorations Play Studio
1919 Commonwealth Drive
Charlottesville, VA**

There is still room!

"Your class created a community around parenting and helped me avoid postpartum depression."—mother of 2 children, both difficult births.

"Kate's class went far beyond anything I read in books to help me understand my baby. I learned pleasurable and valuable ways to interact with my little boy and help him learn about the world. In the class, I also became attached to a community of mommies who are still important in my life. Thank you Kate!" – First time mother

For more info or to register: 434-996-2002

Fee: \$65 - \$85 sliding scale for the six classes



About the instructor: Kate White, MA, LMT, RCST is the owner of Belvedere Integrated Healing Arts, LLC. She has been a massage therapist since 1994 and a craniosacral therapist since 1999. She specializes in working with mothers and babies and is launching a new initiative in Charlottesville called MotherCare VA that will feature services and different packages to expectant families from the prenatal period through the first years of their child's life. For more information you can see her website, belvederearts.com.