



PLEASE READ CAREFULLY

SAFETY GUIDELINES AND INFORMATION FOR BABY MASSAGE AND BABY YOGA BOOKINGS

Parents work with their own baby.

When practicing with your baby, never rush or force anything. If you feel stressed or tense, just take a break and come back to the practice later. Always ensure that you feel safe, secure and confident with the way you are holding or working with your baby. Never do anything that you do not feel comfortable with.

If your baby is unwell, it is best not to attend the class. If your baby is crying excessively and cannot be comforted, he/she may be ill. Never practice on a distressed baby, or if your baby is limp, pale, has a temperature, or any difficulties breathing. Please seek appropriate medical help.

Classes are not refundable but may be transferable subject to availability.

It is not recommended to practice Baby Massage within 24 hours of your baby's immunisations

For Baby Massage and Baby Yoga bookings please ensure you complete the Parent Form which will be sent to you in a link via whatsapp or email in advance of your first session. This form contains important information needed to complete your registration for classes.

SAFETY GUIDELINES AND INFORMATION FOR STORY, CRAFT & MESSY PLAY CLASSES AND BABY YOGA AND MESSY PLAY CLASSES

In these sessions we allow the babies to explore materials/food substances. It is the responsibility of the parent/carer to ensure the baby/babies do not interact with any material/food substance that may cause an allergic reaction to their baby/babies.

We make every effort to supply items that are either edible, non-toxic/ hypoallergenic. However we advise that all materials provided including foodstuffs are not to be consumed by the babies/toddlers as some products (despite being edible) may present a choking hazard.

We do not accept any responsibility whatsoever for any accident, allergic reaction or illness found to be directly attribute from any product or item provided. It remains the

responsibility of the parent/guardian in attendance for supervising the children they are accompanying.

Disclaimer By continuing with your booking you are agreeing to the following: I have read the above safety guidelines and will ensure that I adhere to them. I take full responsibility for myself and my baby, and for everything that happens to me and my baby in relation to the class. If I have any doubts, I will seek the advice of my medical professional before proceeding with the classes. I will keep the Teacher informed of any health issues that arise over the course of the classes, both for me and my baby.