



# Diploma in Mother & Baby Wellness, Bonding and Relaxation

# Combined Baby Massage & Yoga

## Module 1-Baby Massage Professionalism

### Professionalism Baby Massage

Reading List & Study Guide

Bonus Courses-Mindset Magic & Love creates love

Power Point Presentation

## Module 2-Baby Massage Anatomy & Physiology

### A & P Videos

## Module 3-Baby Massage Benefits

Benefits of Infant Massage

Additional resources to support learning on attachment

Baby Massage Presentation Deck

Infant mental health education

Research on baby massage and brain development

## Module 4-Baby Massage Practicalities & Routine

Baby Massage Routine

Full Powerpoint Presentation For The Course

Oils and Safe Practice (Current Advice)

Infant Mental Health Education

Bonus videos from Channel Mum

## Module 5-Successful Teaching Techniques

Teaching techniques

Teaching Plans For Classes

Extra real footage from teaching groups of parents

Teaching babies with special needs

Extra Videos

Video Library

## Module 6-Marketing & Setting Up Your Business

Marketing  
Vision and mindset  
Taking action & planning  
Four P's of Business  
Networking  
Starting up lean  
Support & Mentorship  
How Giving Back Is the Greatest Joy From Success  
Final Word

## Baby Massage Teaching Practice

Case studies/ Teaching Practice  
Extra Teaching Plans for Workshops/Documents for teaching practice  
Celebrating You!

## Module 8-Baby Yoga Anatomy & Physiology

Anatomy & Physiology of the infant for baby yoga

## Module 9-Benefits of Baby Yoga

Benefits of Baby Yoga  
The benefits of yoga & yoga practice

## Module 10-Baby Yoga Routine

Baby Yoga Routine  
Real Class Footage  
Teaching examples of baby yoga  
Parent Stretches  
Abdominal Separation & Diastasis  
Extra videos for inspiration  
Videos from our live baby yoga training

## Teaching Practice Baby Yoga

Teaching Practice Baby Yoga  
Easy Baby Yoga Teaching Plan

Extra teaching plans

Certificate

**BONUS VIDEO-What's love got to do with it?-Why connection and touch are the secret ingredients in embracing pregnancy, birth and babyhood.**

**Bonus Free Online Baby Massage Course For Parents**

# Learn Stretch & Play Instructor

Introduction & working with older babies & toddlers

Learn Stretch & Play Teaching Plans

Videos working with older babies and children

Blogs

Extra Bonus Course on Mindset, Marketing and Leaving the 9-5

Additional Resources for classes to help you

Teaching resources

Class set up examples

Sensory Play Suggestions

Vroom

The importance and science of movement

Marketing Your Practice

Additional information on the importance of creating a secure attachment & emotional intelligence

Assessment

# Baby Confidence Instructor

## Module 1- Professionalism

Welcome & professionalism

Extra Bonus Course on Mindset, Marketing and Leaving the 9-5

Love creates love

## Module 2- Pregnancy & Infant development

Infant development & general anatomy

Pregnancy anatomy

Importance of skin to skin, nurturing touch and kangaroo care

Pre natal depression

## Module 3- Benefits of relaxation for pregnancy

Benefits of relaxation & massage

Videos on the importance of secure attachment and emotional connection.

Love Creates Love

Simple breathing etc

Celebrating You!

## Module 4-Baby Confidence Teaching plans

Course content

Themes for baby confidence

Handouts and supporting information

Teaching your groups

Safe practice of baby massage

Update on routine for babies under 4 weeks

## Module 5-Teaching Techniques

Effective teaching

## Module 6-Marketing

## Bonus Video Section

Bonus baby massage online course for your clients

# Colic Consultant-Soothe, Settle & Sleep Instructor

Welcome to the program

Getting Started

Extra Bonus Course on Mindset, Marketing and Leaving the 9-5

Developing as a teacher

Blogs on colic

Suggested techniques for supporting babies with colic

Supporting parents

Safe practice and oils

Reflux and silent reflux

Resources for supporting parents

Resources and handouts for parents

Videos you can share with parents

Extra useful videos on colic and unsettled babies

Baby development & general anatomy resources

Marketing

Assessment

Bonus Online Baby Massage Course For Clients

## **Newborn Nurture Touch Techniques**

It is a fully comprehensive course which covers all aspects of becoming a professional teacher and teaching baby massage plus specific techniques for babies under 8 weeks.

Rocking and holding

Swaddling and tucking.

Kangaroo Care

Kangaroo Mother Care

Containment holds

Still Touch

Early Massage

Baby Reflexology

Gentle Movements Fourth Trimester Support