



Anam Grá

Baby Massage FAQ

What is Infant Massage?

Infant massage is the gentle art of using nurturing touch to communicate with your baby — letting them know they are loved, welcomed, and safe in their new world. It's a wonderful way to bond, as it works on both an emotional and physical level. The strokes combine elements of Indian and Swedish massage, gentle yoga, and reflexology, designed to support your baby's wellbeing. Parents and caregivers massage their own baby — it's an intimate, bonding experience that helps build connection and trust.

Who Massages My Baby?

The person bringing the baby to class will massage the baby. This could be mum, dad, or another main caregiver such as a grandparent or foster parent. Because of the intimacy and bonding nature of baby massage, it's recommended that it is done only by those closest to the baby.

How old should my baby be to attend classes?

Classes are suitable from around 6 weeks up until your baby is crawling. Some parents prefer to wait a few weeks after birth, but any time from 6 weeks onwards works beautifully. Once babies become mobile, they're generally more interested in exploring than lying down for massage!

What if my baby cries, feeds, or sleeps during class?

That's completely normal — in fact, it's welcomed. Classes are entirely baby-led. If your baby needs to feed, be changed, cuddled, or have a nap, you can do so while I demonstrate the strokes on a doll. There's no pressure — you and your baby can simply follow their needs.

Can my partner attend the classes with me?

Classes are designed for one parent or caregiver with their baby, to keep the space calm and avoid overstimulation. The exception is for twins — in that case, two caregivers are welcome. If your partner or another caregiver would like to learn, I'll guide you on how to share the strokes at home.

I have twins - can I still attend?

Yes, twins are very welcome. It's usually best if another close caregiver (partner, grandparent, relative, or friend) comes with you, so each baby can enjoy the massage at the same time.



Anam Grá

Baby Massage FAQ

What do I need to bring?

A soft blanket or towel for your baby to lie on, your usual nappy bag essentials, and comfortable clothing for yourself as we'll be sitting on the floor. Everything else — including oil and handouts — is provided

Is the oil safe for my baby?

Yes. We use cold-pressed organic sunflower oil, which is gentle and safe for baby skin. A patch test is done on your baby's wrist before class to check for any reaction.

How long is each session?

Each class lasts 90 minutes. This includes massage instruction, time for discussion, a short weekly talk on parenting topics, and always a cup of tea and a snack to help you feel restored before heading home.

Is it covered by health insurance?

As an IAIM certified teacher, many health insurance providers cover my infant massage courses. Up to €100 of course fees can be refunded (depending on your policy). I'll provide you with a receipt so you can claim directly from your insurer.