



# Center for Families

## Two Free Baby Massage 5-week-class Series

**Starts Sept. 14; 10:30 to 11:30 North-Cambridge ( Peabody School)  
And Oct. 20; 11 to 12 near Central Sq. (Margaret Fuller House)**

**Instructor: Christine Doucet**

Massaging your baby helps you develop a strong relationship with your baby and massage helps also your baby to:



- \* Have less gas and constipation
- \* Relax better and cry less
- \* Sleep longer

This series of **5 classes** is for parents and babies 11 weeks to pre-crawling. However, still contact me if your baby is younger.

**Free and open to all families living in Cambridge.**

**Register with Christine Doucet: 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov)**

**Christine Doucet** is a Certified Infant Massage Instructor, a trained massage therapist and a certified lactation counselor. She practiced as a nurse-midwife for over 10 years in France, her natal country. She works as the infant specialist and family support educator for the Center for Families.

Center for Families is funded by the City of Cambridge, Department of Early Education and Care (DEEC), Children's Trust Fund (CTF), Cambridge Public school, and Cambridge Health Alliance  
For more information visit our website at [www.cambridgema.gov/DHSP2/families.cfm](http://www.cambridgema.gov/DHSP2/families.cfm)

