



Safety Guidelines

Please read these guidelines carefully before attending your first class.

When practicing

Work with your own baby only.

Never rush or force anything when practicing with your baby. If you are feeling stressed or tense, take a break and come back to practice later. Never do anything you feel uncomfortable with. And make sure that you are always confident and safe in the way you are working with your baby.

If baby is unwell

It is best not to attend the massage class. If your baby is crying excessively and cannot be comforted then this may be a sign that he/she may be unwell. All baby massage is baby led. Therefore 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.

Vaccinations

Do not practice baby massage for 24 hours after the baby's immunisations. After this time avoid the area for at least a week.

Terms and Conditions

Please read through the Terms and Conditions carefully (you can also find them here).

Booking Terms and Conditions

- You have read the above safety guidelines and will ensure that you adhere to them.
- Believing Healthy Academy aims to provide a safe environment, however you commit to take full responsibility for yourself and your baby, and everything that happens to you and your baby in relation to the class you have signed up for and attend.
- Believing Healthy Academy cannot accept responsibility or liability for any loss, damage or injury to any person or property arising out or resulting from attendance at our class.



- If you have any doubts, you will seek the advice of my medical professional before proceeding with classes.
- Refunds will not be available (which Believing Healthy Academy will determine at its sole discretion) once a course has been bought.
- Believing Healthy Academy forbids the right to reproduce any of the lessons in any form, including but not limited to the handouts.
- This course is for participants only living in the UK.
- If you have any queries please feel free to contact Believing Healthy Academy on: believinghealthyacademy@gmail.com We try to be as accommodating as possible.