



## ABC Baby Classes

### Guidelines

These classes are for the enjoyment of parents and babies; nobody need feel that they have to do anything that they are not happy about. The aim of the class is to have parents and babies that are happy, confident and relaxed.

It is easier to massage your baby without a nappy and changing mats will be provided for you to use, but if you are not comfortable removing your baby's nappy then you don't need to. I do suggest that you bring a nice cuddly towel as well for you to lay your baby on; this can also be used to cover them and keep them warm whilst you massage different parts of their body.

When you first attend your massage class you will be provided with oil to use in your sessions. During the classes I will also talk about which massage oil is the best for your baby's new body so that you can then buy the best one for your baby for when you continue your massage at home.

You and your baby are the most important people during the classes and although we hope that all babies will be ready for a massage it doesn't always work out that way! In an instance where your baby is not ready to be massaged because they are sleeping, fretful etc then a baby doll will be provided for you to learn the strokes of the week, then you are able to go home and massage your baby with the new strokes when they are ready for a massage.

Safety is obviously a prime concern so it is important that you listen carefully and follow all safety instructions

# ABC Terms and Conditions

Payment must be received with your enrolment form prior to the commencement of the course. Once payment has been received confirmation will be given. Please note places are not guaranteed; they are subject to availability. Cheques may be cashed in advance unless post dated to the start of the new term. If we cannot find you a suitable place we will of course refund in full.

Refunds/Credits are not given once the course has started.

## Cancellation

- a.) If you give 5 days notice of cancellation of your place before the term begins we shall refund your money. If you cancel any later than 5 days then you will be given a credit to attend a future course.
- b.) If a lesson is cancelled this class will be rescheduled if this is not possible it will be refunded.

Sickness If your child is sick you do not need to telephone if they are to miss a week or two. If it is likely to be longer, please let us know. Refunds and credits for long-term illnesses are given at our discretion.

Safety is at all times our paramount concern. However, ABC will not be liable for any loss, damage or injury that may occur whilst on the premises.

Photography No photography is permitted unless consent is requested and obtained from ALL participating parents/guardians. ABC may from time to time wish to take photos for business use, your consent will be sort to take and use such photographs.

Parent/Child Ratio All ABC classes assume a 1:1 ratio. However a 2:1 ratio may be possible if agreed prior to booking, if you would like to request permission to increase this please contact me prior to the class commencing.

Parking No parking is available at any location but all locations have adequate local parking.

Complaints If you have any complaints at all about our lessons please contact us as soon as possible.

Class Date: \_\_\_\_\_ Venue: \_\_\_\_\_

# Confidential

Name:..... Baby's name:  
.....

Tel no:.....Baby's Date of birth:  
.....

Address:.....  
.....  
.....

E-mail address:.....  
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Where did you hear about the classes:.....

**IT IS IMPRTANT THAT I AM AWARE OF ANY MEDICAL CONDITIONS THAT BABY OR CARER MAY SUFFER FROM e.g. Asthma, diabetes, epilepsy, heart problems etc.**

Medical conditions and birth complications: Please tell me about the birth, i.e. forceps, etc.  
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Medication and where it is kept e.g. inhaler  
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I have read and understood the Guidelines and Terms & Conditions.

Signature.....Date.....