

Bonding through massage

A "wonderful way" of bonding mother and father to a new baby is through massage, and touch-for-health instructor Narelle White helped the parents of 13 babies and six toddlers learn some basic massage in Opotiki last week says domiciliary midwife, Robyn Easton.

"A really good crowd came along to the session, which was just one example of the kind of things the Home Birth Association is doing", she said.

Narelle White is a mother of four - three of her children were born at home - and she has worked on the healing and bonding benefits of baby massage.

"Narelle also told us of the benefits of the father coming home from work and giving his baby a massage, this helps build up the father-child relationship" Robyn Easton said.

It is also valuable for mothers who have had a difficult birth.

The next Home Birth Association gathering will be on Monday, November 20 when Ruth Hayward will talk about the healing benefits of herbs.

mother, Sharon, at the home

an official welcome
will conclude on Satur-
evening with dinner
a blessing.

All interested people are
ited to attend, "especial-
our young people,
pecially them," Mrs
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appeal

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