

Baby Yoga



Birthlight Baby Yoga promotes health and well being. It offers babies physical stimulation, will help strengthen the spine, develop supple joints and enliven all the body's systems. Baby Yoga is a wonderful compliment to Infant Massage.

Baby yoga is suitable from birth and can be arranged to suit you and your baby. The sessions are usually held over 5 consecutive weeks.

The benefits

- Provides a daily routine of activity through which you can engage constructively with your baby
- Your baby's behaviour will be more 'settled'
- All your baby's bodily systems are stimulated, including the digestive system and nervous system
- Enhances communication between you and your baby
- Aids non verbal communication involving lots of play and song
- Relaxation helps new parents cope with the early stresses of parenting
- Helps to heal any birth trauma and your baby will also be better equipped to deal with shocks
- Your baby's enjoyment of the positive stress of yoga will increase their ability to cope with future challenges.
- Promotes positive interaction and play with others



Infant massage



Wiggly Jiggles



Baby Yoga

nurture us
massage, movement & development



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Clare Spoons
21 Redesdale Avenue
Gosforth
Newcastle Upon Tyne NE3 3PP

T 0191 2842986

M 07720287341

E clare@nurtureus.co.uk

W www.nurtureus.co.uk

For more information about
classes please visit my website
www.nurtureus.co.uk

*A wonderful way to keep in
touch with your growing child.*

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Infant massage



The International Association of Infant Massage promotes nurturing through training, education and research so that parents, caregivers and children are loved, valued and respected throughout the World Community.

Massage sessions are suitable from birth and can be arranged to suit you and your baby. The sessions are usually held over 5 consecutive weeks.

The benefits

- Improve communication between you and your child
- Help to calm baby's emotions and relieve stress
- Soothe babies and help them to sleep better
- Help babies to develop awareness of their bodies
- Enhance parent's abilities to understand their baby's needs
- Aids digestion and helps relieve colic and constipation
- Helps develop muscle tone, co-ordination and suppleness
- Strengthen the immune system
- Regulate breathing and relieve nasal congestion
- Includes all the elements of attachment including; eye contact, smiling, facial expressions, soothing sounds, touch, smell, and interaction.



Wiggly Jiggles



Music, Movement and Play

Wiggly Jiggles is a 45 minute session for babies from 6 months to pre-school, with lots of natural spontaneous play.

Creating a balance between activity and rest, we play, sing, dance and explore, ending our session with some time to unwind and relax.

The benefits

- Exploring rhythm
- Learning new songs
- Enjoy musical instruments
- Join in with fun props
- Develop body intelligence
- Practice speech and voice control
- Socialise with other children
- Learn through heuristic play

Join Clare with her friends Poppy and Paddy to play, dance and make music. Mums, dads and carers can join in too!

"Wiggly Jiggles really helps to break our day with lots of fun and singing, without being too formal. I'm amazed how Clare remembers everyone's names!"

Vicky Stone



About me...



My name is Clare Spoors, I'm a mother of two. I'm a qualified child care practitioner, Certified Infant Massage Instructor (IAIM UK) and a Birthlight Baby Yoga Instructor.

I hold an ITEC Diploma in Anatomy, Physiology and Body Massage and qualifications in Developmental Movement Play through Jabadao (The National Centre for Movement, Learning and Health). I am also a member of the Music Leader North east Network. I hold CRB police check certificates.

I run infant massage sessions, Baby yoga sessions and Wiggly Jiggles music, movement and play classes from a number of venues across Newcastle.

I take, and encourage others to take, a holistic approach to life, particularly when we are working with babies and children.

"It is Clare's mission to promote positive parenting and to support parents in providing their children with strong secure foundations in order to give them the best possible start in life. She recognises the huge effect that parents and carers can have on their child's social and emotional development".

Richard Bowlby
President of the Centre for Child Mental Health.

For more information about classes please visit my website
www.nurtureus.co.uk