

**There's a new baby in your life - congratulations!**

# Introducing Tummy Time Technique with E.A.S.E

CSC's new program that addresses your questions regarding all aspects of your baby's developmental growth, and how to balance your needs and baby's needs.

**45 minutes sessions**, led by "whole child" experts, Dr. Lori Baudino and Melissa Idelson, OTR/L, will give parents the opportunity to cultivate rich interactions with their baby while learning techniques for supporting baby's brain body connection for life long development.



**Exhale - Anticipate - Support - Engage - we'll show you how.**

## WHY IS TUMMY TIME IMPORTANT?

- Builds rich brain connections
- Nurtures developmental & regulatory skills
- Promotes trunk stability & head control
- Precursor for rolling over, sitting & crawling
- Helpful for babies with torticollis
- Helps avoid head flattening (plagiocephaly)
- Helps baby's nervous system feel safe & supported
- Promotes integration for adaptability, decreased stress, & emotional regulation during childhood.

**Attendees: Baby, 1-8 months & care provider**

**Mondays - 10:30 - 11:15am**

**TO ENROLL OR INQUIRE - 310.899.9597**



Before enrolling, each parent will have a free phone consultation. If there is a concern about a pre-existing condition a one-on-one consultation may be recommended before starting the group sessions.