

Sweet talk baby through massage



Baby massage therapist Elisabeth Tamas (left) with baby Ashton and Smart Talk owner Catherine de Beaux with baby Zac. Baby Hamish is in the foreground.

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By AMY HALLETT

PARENTS can start communicating with their babies right from birth through massage, according to speech pathologist and Smart Talk owner Catherine de Beaux.

Ms de Beaux wants to educate and empower parents to adapt to their baby's distinctive set of verbal and non-verbal communication.

Smart Talk classes started earlier this month, on April 12, with parents learning how to perform baby massage with their children while discovering early language development.

"By using infant massage and observing body language, a parent grasps the art of listening, asking permission, interpreting and responding to cues," Ms de Beaux said.

She said baby massage had benefits that included enhancing development, pain relief from teething and colic, bonding and relaxation.

"Parents can learn the massage and communication techniques from us and then use these skills to continue progress in their own home."

The classes are run with a registered infant massage therapist and registered speech pathologist.

Parents can attend the Swanbourne-based classes with babies from six weeks of age. For details, visit www.smarttalk.net.au.