



## Terms and conditions:

### **Covid 19 requirements**

It is essential that you do not attend any session if you or someone in your household is experiencing symptoms of covid 19.

If you or your child becomes unwell within 18 hours of attending a session, you should notify Listening Touch Therapies so that the appropriate action can be taken.

It is essential that you follow all regulations set on the day of the event to prevent the spread of covid 19.

### **Baby massage and parenting classes:**

#### **Health and wellbeing**

To ensure the experience of baby massage is positive for all involved we are unable to accept a baby onto a massage course if any of the following are present in your baby:

#### **General Contraindications**

- A positive covid 19 test result
- Acute infections
- Fever
- Sickness
- Diarrhoea
- Undiagnosed lumps and bumps
- Contagious Disease
- Serious Skin Complaints
- Inflammation
- Recent Haemorrhage
- Jaundice
- Meningitis
- Childhood Leukaemia
- Brittle Bones

#### **Local contraindications**

Recent immunisation: Wait at least 48 hours to avoid any negative effects of the immunisation. If there are no negative effects such as fever then massage may take place after 48 hours but the local area should not be massaged for 72 hours or until any lumps/bruises have disappeared. Always err on the side of caution after immunisations. It is important that baby's body has time to process the live



vaccination. If in any doubt as to whether to massage, always wait until baby is completely happy and healthy.

Skin disorders or localised eczema.

Cuts and Bruises

Unhealed or inflamed navel.

Open sores.

Parents must consult a GP before attending the class and obtain authorisation if any of the following apply:

- Congenital heart condition (most commonly seen as aortic valve septum, atrial septal defect, pulmonary valve stenosis, ventricular septal defect, transposition of the great vessel).
- Recent operations or surgery. Dislocation of the hip.
- Spastic conditions where there is an increase in muscle tone. Dysfunctions of the nervous system.
- Epilepsy- where massage can take place, make sessions brief and observe the baby closely.
- Asthma during an acute attack.

A parent may also feel that there are other times when it is inappropriate to massage their baby.

Each parent knows their own baby's mood and behaviour. Parents should always listen to their instincts when deciding if a massage is appropriate.

### Cancellation

- ❖ We reserve the right to cancel a course if required to do so by government covid guidelines or if there is a problem with the venue due to unforeseen circumstances or the number of participants is too low.
- ❖ We may need to combine classes where attendance is not sufficient to run a course./workshop
- ❖ In the event of cancellation, we will try and offer you the opportunity to attend another course of your choice with us. If this is not suitable, your course fees will be returned in full within 14 days.
- ❖ If you wish to cancel your place on any payable session unfortunately, there are no refunds for cancellation of any paid session.