

# Mother & Baby



## Kindermusik - A new exciting way to learn

Kindermusik is an international award-winning early childhood programme that uses music and movement to dramatically enhance the total development of your child.

'Village' is designed for babies up to 18 months and using gentle movement, massage, songs, and rhymes, they take those special bonding moments between you and your baby and add in

a unique blend of musical learning activities that stimulate and engage all of the senses.

The 'Time' class is for toddlers aged between 18 months and three years and as you play instruments, sing, move, and explore, you'll uncover an engaging musical world while building your child's confidence, self-control, and communications skills.

'Laugh and Learn' is a programme designed for preschool children aged 3-4 years and each week in class staff combine your child's natural love of music, storytelling, and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth, and self-control.

'Move and Groove' is for 4-5 year-olds and in each class, your child is engaged in music and movement activities that also promote language, social and emotional skills, early maths and early literacy, physical coordination, creativity, and much more. Plus, your child will learn basic music vocabulary and notation - all setting the stage for future school success and formal music lessons.

Classes are currently running on Wednesday and Saturday mornings in Mullingar, with more classes planned for Athlone in early 2013. Why not come along and try out a class for free at any time. To arrange your free preview class, and for more details contact Ger on (086) 3833750 or log on

[www.kindermusikwithger.com](http://www.kindermusikwithger.com)

## Enhance health and relaxation with baby massage classes

At Aromaflex, Britta Stewart Dolan is an infant massage therapist, qualified as a certified infant massage instructor in 1999 with the IAIM and a member of Baby Massage Ireland. She encourages parents or caregivers to spend massage time guided by the baby massage class, to enhance health and relaxation from techniques learnt by the parent or caregiver. This is such a wonderful way for the little baby to develop and interact with the loving bond from their massage by their parents or carer. What a gift for all babies!

Britta teaches at her therapy clinic at Aromaflex, Beechlawns, Mullingar and at Coole Clinic (small classes to provide more attention).

The benefits of massage for your baby include a more settled baby with improvements in the digestive system which can help relieve colic and constipation with the regular practice of these strokes. Sleep is helped also as the massage helps the baby relax, which in turn yields more ease for both parent and baby.

Being able to spend this quality time with your baby helps them feel

more secure and this precious one to one massage time with your baby is always delivered respectfully with the permission of the baby, which is done by watching the baby's cues. The baby is simply let the baby lead the class, and mum learns how to respect her baby's wishes for when the baby wants the massage.

Handouts include drawings of the massage strokes. Five classes are reimbursed to members of VHI, Aviva, or Laya Health Insurers.

For more information contact Britta on (044) 9345607.



**Music and Movement classes for babies and young children**

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**To arrange your free preview class**  
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**Visit: [www.kindermusikwithger.com](http://www.kindermusikwithger.com)**

## Let the professionals capture your pregnancy

Sheila Briody is a clinical specialist sonographer with 25 years experience in obstetric medical ultrasound. Sheila opened her pregnancy ultrasound clinic in Market Point, Mullingar 10 months ago.

She uses the latest ultrasound equipment with 3D/4D imaging and the 42" monitor allows everyone to enjoy the scan. Extra seating is provided for family and friends.

You can book your early dating scan from six-14 weeks pregnant. The 3D gender and growth scan is best performed from 16 weeks onwards. The anatomy and growth scan with 3D pictures is performed between 20 and 22 weeks pregnant. Sheila's attention to detail at this

scan has proven to be very popular and her friendly manner means that even the most nervous parents are put at ease.

From 24 weeks on, the popular 3D/4D scan includes DVD recording and 3D pictures that make up a very special memory package. For many pregnant mums, the weight of their baby in the third trimester is very important. The third trimester foetal growth and wellbeing scan provides accurate information regarding the growth of the foetus and the foetal environment of placenta, amniotic fluid, and cord are checked. This is also a nice opportunity for 3D pictures of your baby. Finally, if you think your baby has turned breech, you can book

the presentation scan from 36 weeks pregnant.

Best value over your entire pregnancy for complete peace of mind!

### Three scan package includes:

- 1) First trimester dating scan - €100
- 2) Second trimester 3D anatomy and growth scan - €150
- 3) Third trimester 3D/4D scan - €100

Total price €350, saving you €60! No deposit needed, just pay as you go.

Gift vouchers are available and a handmade card is included at no extra cost.

For more information log on to [www.ScanMe.ie](http://www.ScanMe.ie) or call (086) 7783353.

## Acupuncture for mums-to-be and new mums

Is it safe to have acupuncture during pregnancy?

Can acupuncture help me get my energy levels back after giving birth?

Is it true that acupuncture can help me conceive?

These are questions often asked by women before attending AcuWell and the good news is that the answer to all three questions is "Yes, it can".

Originating in China, acupuncture has, in fact, been used successfully for centuries in the treatment of reproductive issues. It can boost fertility and conception, improve IVF success, enhance pregnancy, and support post-natal recovery.

When used for conditions viewed as part of normal pregnancy - for example, morning sickness, anxiety, sciatica,

rib pain, symphysis pubis pain, breech, and posterior positions - acupuncture can improve a woman's quality of life and can prevent such conditions from becoming serious enough to require conventional medical treatment.

New mothers find acupuncture of benefit in relieving backache, exhaustion, or just helping them rebuild their energies and to relax. It is a great stress releaser!

Reproductive health is an area of special interest at AcuWell. Owner and practitioner, Maria Maher, is a founder-member of the Zita West-affiliated acupuncturist network for reproductive health in Ireland and has also undergone training with other fertility, gynaecology, and obstetrics experts in the UK.

AcuWell clinics are located in Athlone and Ranelagh, Dublin 6.

For further information log on to [www.acuwell.ie](http://www.acuwell.ie) or call (087) 7788591.



This **VOUCHER** entitles you to a photo sitting for **ONLY €5** & a 12"x10" colour portrait as our **GIFT** to you.

**COMING SOON!**



**LAST VISIT BEFORE CHRISTMAS!**

Our photographer will be at:  
**Cunningham's Pharmacy,**  
**Dublin Rd, Athlone**

**Tues 27<sup>th</sup> Nov - Sat 1<sup>st</sup> Dec, 2012**

**Appointments may be necessary.**

**Please call pharmacy on 0906 477 739**

For details call our Customer Hotline: **01 822 8850/51**

Please be aware that a queuing system may be in place during busy periods. Conditions apply. Special offer 12"x10" portrait is only available for collection in store on the dates given by the photographer. Only one special offer per family and €5 payable at time of sitting. Not valid with any other offer or voucher.

[www.pixifoto.ie](http://www.pixifoto.ie)

## Aromaflex

**Baby Massage Classes**  
**Reflexology (Maternity)**  
**Aromatherapy**

Britta Stewart Dolan (CIBL, MCTBA, MNMIR)

Tel 044 9345607

[www.aromaflex.ie](http://www.aromaflex.ie)



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- Aromatherapy
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