



BELLYS TO PLAY CLASS

FOR INFANTS 3–18 WEEKS

**SATURDAYS DECEMBER 1ST, 8TH, 15TH + 22ND
@ 4:00 PM \$25 PER CLASS @ **PWCB OFFICES****

(\$50 FOR ALL 4 CLASSES FOR **PWCB CLIENTS)**

4 WEEKS OF DEVELOPMENTAL + EVIDENCE BASED PARENT TRAINING

Come be supported through baby's first movement experiences. This class provides a vital approach to help with baby's comfort + transition to extrauterine life and the tummy time position.

The TT!TM Method helps baby resolve in utero constriction and decreased movement, gestational or birth trauma, as well as help to regulate posture, movement and connection with parent. Tummy time is important for optimal growth + development, as well as crucial for addressing all difficulties with the tummy time experience that can potentially lead to complications in later developmental stages.

Learn how your baby can
LOVE Tummy Time!!!

**PLAY.
LEARN.
CONNECT!**



sense-able connections

- Optimize Brain Growth
- Identify + Treat Latch/Breastfeeding Difficulties
- Facilitate Sleep + Reduce Stress
- Improve Current Tummy Time Quality
- Decrease Reflux, Bloating + Constipation
- Promote Head Lifting + Turning
- Strengthen Core + Upper Body
- Optimize Postural Development
- Promote Emotional Regulation + Resiliency
- Establish Social Engagement, Parental Bonding + Attachment
- Prevent Position Related Skull Deformities + Treat Plagiocephally (flat head syndrome)
- Treat asymmetries + gestational constrictions such as Torticollis, AND MUCH MORE!!!

**8 EASY step-by-step
PHASES**

**A METHOD BASED ON
QUALITY, NOT TIME!**

To register, email yrma@pwcbooulder.com