



GROUNDED SOLES

INTEGRATED HOLISTIC THERAPY



When enrolling in baby massage, yoga, or reflexology classes, certain health conditions must be considered to ensure the safety and wellbeing of your child. Here is a summary of situations where it may not be appropriate to participate:

Contraindications for Baby Classes

- Acute Infections: Avoid if your baby has a fever, cold, flu, or gastroenteritis.
- Skin and Surgical Conditions: Open wounds, severe eczema, or recent surgery.
- Premature Babies: Use holding techniques instead.
- Post-Immunization: Wait at least 72 hours.
- Other Health Issues: Inflammation, jaundice, meningitis, hemorrhage or leukemia.
- Contagious Conditions: Impetigo, chickenpox, ringworm, conjunctivitis.
- Injuries: Fractures or musculoskeletal concerns.

Conditions Needing Medical Advice

Before participating, consult a healthcare provider for the following conditions:

- Unhealed umbilicus, congenital dislocation of the hip, or heart conditions.
- Down syndrome, serious congenital conditions, or neurological issues.
- Asthma, chest problems, heart murmur, or blood clotting disorders.

Parents are encouraged to trust their instincts and consult with medical professionals if they feel uncertain about their child's readiness for these classes.

**PLEASE COMPLETE AND RETURN THE ENROLMENT & DECLARATION FORM
TO diane@groundedsoles.org**



diane@groundedsoles.org



Grounded Soles



07761054666



grounded_soles_