



HEALTHY BABY DEVELOPMENT WITH TINA

This hands-on masterclass equips you with the essential knowledge and skills you need to give your baby the best possible start in his/her development.

Baby Handling techniques:

- Correctly lift, hold, put baby down
- Dress, undress, and change diapers with ease
- Swaddle your new born correctly
- Breastfeeding and bottle feeding positions
- Different burping techniques
- Safe sleeping positions

Essential Parenting Tips:

- Must-have accessories
- How to stimulate healthy baby development
- Car Seat - the do's and don'ts
- Tummy Time
- Smart toys to boost fine and gross motor skills

www.babyontrack.nl



BUILD A STRONG FAMILY FOUNDATION WITH CORINNE

Creating a loving, and resilient family starts with a strong foundation. This masterclass is designed for parents seeking to cultivate deeper connections, navigate conflicts with confidence, and create a nurturing family home with your baby.

What you will learn:

- Overcoming common roadblocks- identify and address common challenges families face
- Parental Resilience- learn strategies to stay strong and adaptable
- Effective communication - master non-violent communication (NVC) to resolve conflicts and strengthen relationships
- Physical and Emotional Recovery After Childbirth- The do's and don'ts to promote healing after birth
- Self-care tips for new parents

www.amsterdamacupuncture.com
www.corinnelaan.com



Healthy Baby Development & Build a Strong Family Foundation



Are you an expectant parent or new parent who wants to give your baby the best possible start as well as build a strong family foundation? Then, this interactive masterclass is for you.

Time: 10:00-17:00

Your Investment: €200 only

Reserve Your Spot:

✉ hello@corinnelaan.com

or contact via WhatsApp 0616 538 948