Mass General Brigham
Cooley Dickinson Hospital

ObGyn & Midwifery

Infant Massage Class

Come learn to massage your baby! Have fun while adding another skill to ease discomforts and to strengthen your relationship with your baby. Best for pre-crawling babies and their caregivers.

Join us on one of the following dates (usually the 2nd Thursday of the Month):

- September 10, 2026
- October 8, 2026
- November 12, 2026
- December 10, 2026

Classes meet from 10-noon

Where

Cooley Dickinson Hospital's Childbirth Conference Room (30 Locust Street, Northampton, MA 01060)

Enter via the main doors of the hospital and walk towards the stairs. Either walk up the stairs, turning left, or take the Stork Elevators on your right, to the upper level. The Childbirth Conference room is across the atrium from the Stork elevator on the upper level.

What to bring:

- your baby (or a doll if you are pregnant or your child is very wiggly)
- a blanket or towel to lay your baby on
- a slippery, unscented oil (grape seed, almond, or apricot oils work wonderfully. Olive and coconut are a little thicker, but fine too.)

The person who will give the massage should be comfortably dressed, willing and able to sit on the floor. You may want to bring a pillow to sit on. Babies who are crawling may have a hard time enjoying being stationary for the whole massage, but you are welcome to bring some quiet toys for them.

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What to expect:

Maria Curtin-McKenna, MSW, LCSW, will demonstrate specific strokes, and participants will massage their own infant or doll. There will be time for questions and comments.

Maria has been working with parents and babies for over 35 years, teaching topics such as childbirth, newborn care, becoming a parent, and baby massage to hundreds of families. She is certified in the Brazelton NBAS and Newborn Observation Programs and as an Infant Massage Educator. Maria is an

Infant and Early Childhood Mental Health Specialist who formerly worked for Head Start in Western Mass before retiring. She loves showing parents how to massage their babies.

To register

Attendance is free! Please register since we can only accommodate seven little ones and their grown-ups. To register, email obgynmidwiferyprograms@cooleydickinson.org and use the subject “Infant Massage: (the date of the class you want to attend).”