



TUMMY TIME METHOD™

**FOR PARENTS AND BABIES
NEWBORN TO PRE-CRAWLING**

New Baby! What to do?

Worried your baby will develop a flat head? Learn how to avoid. Feeding problems? TTM™ helps so much! Not just tummy time for “X” minutes, but an interactive, developmentally progressive approach that helps you be a more confident parent with a happier baby!

COST \$160/4 sessions

Sundays 2 -3 p.m.

February 16, 23, March 1, 8



Bring stiff blanket (quilt) for floor, and a toy with sound or lights, baby and you.

Harmony Birth

621 E. Campbell Ave. #14
Campbell, Ca, 95008

Promotes:

- *Calming and Regulation**
- *Body Awareness**
- *Healing from Traumatic Birth**
- *Communication between Parents and Baby**
- *Community**
- *Fun and Games with your Baby**

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**with questions and to sign up
More dates coming!**

