

Helen Thompson

BABY MASSAGE INSTRUCTOR,
PODCASTER & CHILDCARE
EDUCATOR

Helen is originally from Perthshire in Scotland and lives on the North West coast of Tasmania. Helen has her NNEB (UK) Nursery Nursing qualification and as a qualified childcare educator, Helen has spent many years looking after babies, toddlers and children.

Helen has always been a big believer in holistic remedies and solutions and in 2010 she discovered the wonderful world of baby massage. She became an instructor and delights in helping parents enhance their confidence, whilst forging a closer bond with their baby.

Helen commenced hosting her First Time Mum's Chat podcast in January, 2021 and enjoys supporting parents further via her weekly episodes.



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TALKING POINTS

- What is baby/infant massage and how does it help both parent and baby.
- What is tummy time and how does it help both parent and baby.
- How can you engage with your baby in a more positive way.
- Practical drug free remedies when your baby is teething.
- Ways you can soothe your crying baby.
- How to forge a magical bond with your baby whilst enhancing your confidence.
- How to develop your baby's language through touch.
- Ways to develop your baby's body awareness and coordination.
- Natural remedies to help your baby with conditions such as colic, constipation and gas.
- The benefits of establishing routines early on for your baby.

**Helen can be heard on these podcasts/shows:
Parent Tell, Kung Fu Mommas, and more**