Life's Little Wonders

Engadine Centre Price List

Private Nurse Appointments: **$15.00** - ¼ hour **/ $25.00** - ½ hour **/ $50.00** – 1 hour
If you have general questions, or concerns related to the health and wellbeing of your baby, please make an appointment to see our Early Childhood Nurse. Private appointments also include a weigh & measure, and blue book update.

Infant Massage Classes: **$75.00pp** ($25 per week)
Our 3 week course covers the theory behind baby massage, as well as the importance of using the correct massage techniques to reap the full benefits of infant massage. Learn strokes to help your baby relax, and assist with common problems such as colic, wind, and constipation, all while meeting new people.

Infant Massage Introductory Class: **$25pp**
A 45 minute class teaching the basics of infant massage including legs, tummy, arms, chest and back.

Home Visiting Price List

In-home Groups: **$100.00 per session** (1.5hrs)
$300.00 for 4 sessions (package)
You may already have a mother's group you belong too. This option allows you to arrange either a once-off session, or up to a 4 session package in your own home, where you can get information on topics of your choice, and divide the cost between your group.

Infant Massage Private Lesson (2 x 1 hour) **$120.00** ($60 per session for 2 visits)
Our infant massage instructor will come to your home to teach you all about infant massage. Everyone knows a new mum has difficulty finding the time to get dressed some days, so if you want to stay in your pj's, this is the perfect option for you.

Infant Massage Group Lesson (3 x 1 hour) **$75.00** ($25 per person per session)
Our infant massage instructor can also come to your home to teach you and your friends about the benefits of infant massage, and the correct way to do the strokes for maximum results. (Minimum 3 ppl)

Introductory Infant Massage Lesson **$29.00 per person**
This lesson can be held in the comfort of your home. This is suitable if you would like to find out about some of the basics about infant massage (Minimum 3ppl).

In-home Nurse Consultation – Specialised Support:
$80.00 first hour $55.00 per hour following
Specialised support is recommended when you and your baby are struggling with sleep & settling issues, mental health or feeding concerns. We can arrange half/full day support, or just visit for an hour to work through the specific issues you are facing.

In-home Nurse Consultation – Short Visit: **$30.00 half hour**
Short visits are designed to give your baby a quick assessment, weigh and measure, and complete any blue book checks. Advice can also be given on issues such as sleep and settling, feeding, growth and development, health etc.

info@lifeslittlewonders.com.au T: 0408 354 433 www.lifeslittlewonders.com.au
Classes held at DanceNetwork Studio's
Suite 3, Engadine Arcade, Old Princess Hwy, Engadine 2233

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PRODUCTS PRICE LIST

Organic Sesame Oil - Infant Massage Oil (125ml) **$16.00 per bottle**
This pure cold pressed, organic oil is fragrance free, naturally anti-bacterial, and easily absorbed by the skin. Wonderful for daily massage, safe to ingest (should your baby put their hands – or feet in their mouth during their massage), and good for assisting with cradle cap and nappy/diaper rash.

All Natural Wheat Bags: **$35 each - Neck or Back** **$50 - Back Strap (incl wheat bag)**
Neck – long rectangle, stitched to keep the wheat in place so it hugs around your neck.
Back – large square, stitched to keep the wheat in place and can be used on any part of the body
Back Strap – wetsuit style material, designed to hold a wheat bag, and strap around the body. The strap suits all sizes, so perfect for pregnant aches and pains, but can be used after the birth for any tender muscles from feeding, patting, rocking.

Freezer Pods (WeanMeister): **$19.95 each or 3 for $50**
These Freezer Pods are great for storing baby food when introducing solids to your baby. There are 9 separate compartments to make small meals, and a clip on lid is included to seal against freezer burn and bacteria. One of the best things about this product is it can be used for over 30 other uses once you have finished weaning your baby and making pureed food.

Pods are freezer, dishwasher, oven and microwave safe so you can bake healthy muffins or frittata's for your toddler, or use as a paint palette, make ice blocks, or store small items eg. Beads, sequins etc.

Colours – pink/blue/turquoise.

Postage fees apply on products and will be calculated at time of enquiry.

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