

A COLLABORATIVE WORKSHOP

Dads & Babies: Touch, Connection & Identity

A DAD & BABY WORKSHOP

*Becoming a dad changes everything —
including who you are.*

This one-time workshop brings together something practical and something honest: hands-on infant massage and a guided reflection on the dad you are already becoming.



FOR NEW DADS WITH A BABY
BIRTH TO 12 MONTHS

YOU WILL EXPLORE

- ◆ Reading your baby's cues and consent
- ◆ Leg & foot massage strokes to practice at home
- ◆ Why babies cry and how touch brings calm
- ◆ Your identity as a new dad — feelings, history, and the connection you're already building

SUNDAY, OCTOBER 4TH - 10-11:30AM - CHICAGO FAMILY PICNIC

5306 N. Damen, Chicago , IL 60625

Register at snugglystart.com



Héloïse Stauff

CEIM

Certified Educator of Infant Massage

snugglystart.com

Oak Park, IL

Micah Shapiro

LCSW, PMH-C

Perinatal Mental Health Certified

shapiropsych.com

Illinois