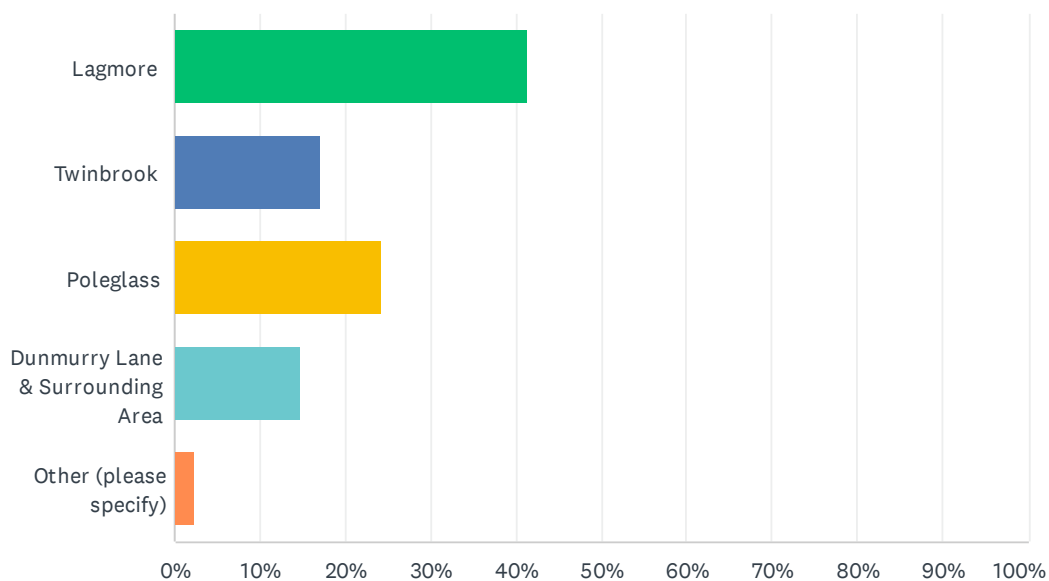


## Q1 Where do you live in the Colin area?

Answered: 41 Skipped: 0

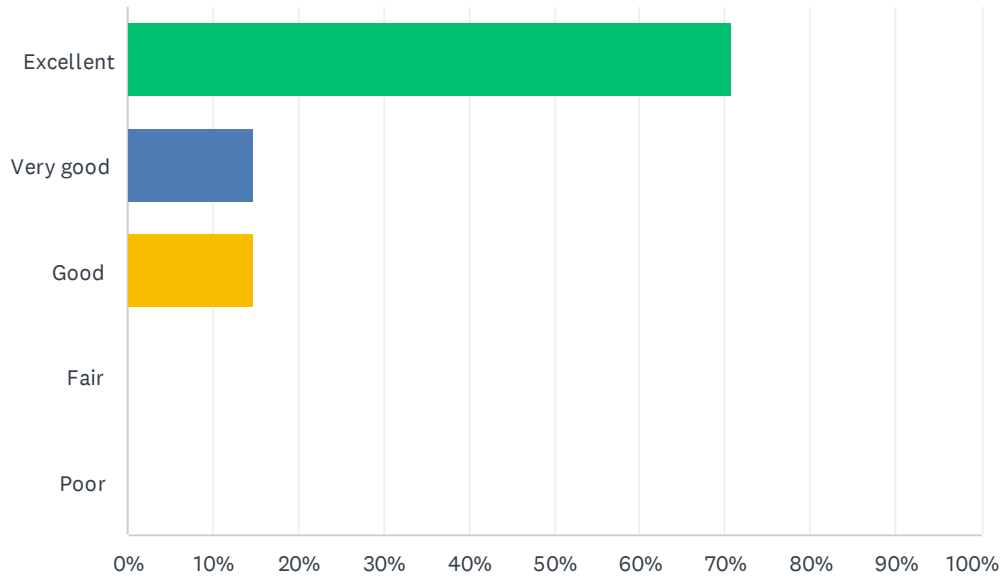


ANSWER CHOICES	RESPONSES	
Lagmore	41.46%	17
Twinbrook	17.07%	7
Poleglass	24.39%	10
Dunmurry Lane & Surrounding Area	14.63%	6
Other (please specify)	2.44%	1
<b>TOTAL</b>		<b>41</b>

#	OTHER (PLEASE SPECIFY)	DATE
1	Prefer not to say	2/4/2025 4:55 PM

## Q2 How would you rate the venue/location?

Answered: 41 Skipped: 0



ANSWER CHOICES	RESPONSES	
Excellent	70.73%	29
Very good	14.63%	6
Good	14.63%	6
Fair	0.00%	0
Poor	0.00%	0
<b>TOTAL</b>		<b>41</b>

### Q3 How friendly, helpful and supportive would you rate the workshop facilitator on the scale?

Answered: 40 Skipped: 1

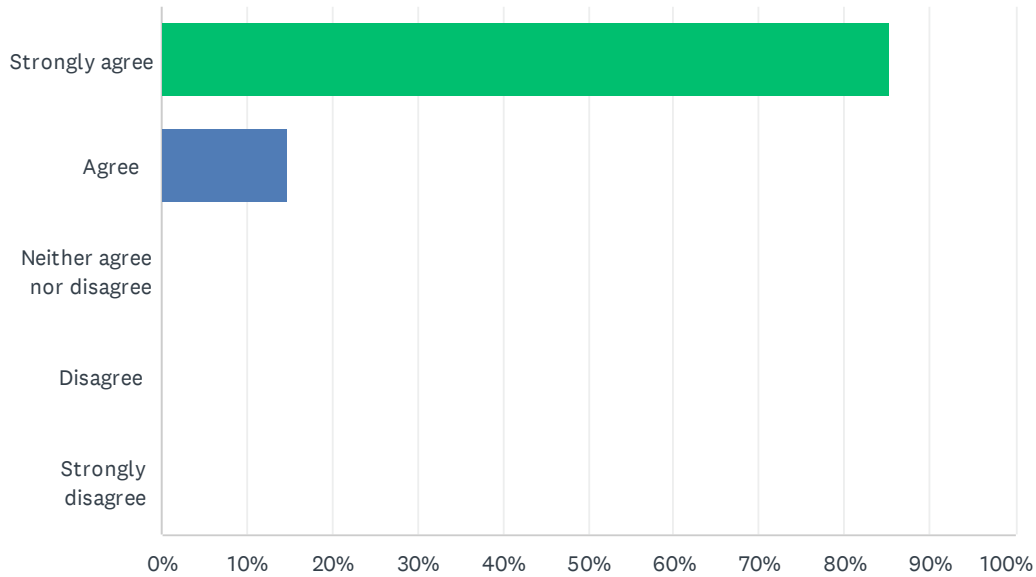
4.8★  
average rating



	EXTREMELY UNFRIENDLY, UNHELPFUL AND UNSUPPORTIVE	NOT FRIENDLY, HELPFUL AND SUPPORTIVE	MODERATELY FRIENDLY, HELPFUL AND SUPPORTIVE	FRIENDLY, HELPFUL AND SUPPORTIVE	VERY FRIENDLY, HELPFUL AND SUPPORTIVE	TOTAL	WEIGHTED AVERAGE
☆	2.50% 1	0.00% 0	5.00% 2	2.50% 1	90.00% 36	40	4.78

## Q4 The programme gave me an opportunity to spend time with my baby and promote bonding

Answered: 41 Skipped: 0



ANSWER CHOICES	RESPONSES	
Strongly agree	85.37%	35
Agree	14.63%	6
Neither agree nor disagree	0.00%	0
Disagree	0.00%	0
Strongly disagree	0.00%	0
<b>TOTAL</b>		<b>41</b>

## Q5 Can you name one of the benefits of baby Massage?

Answered: 38 Skipped: 3

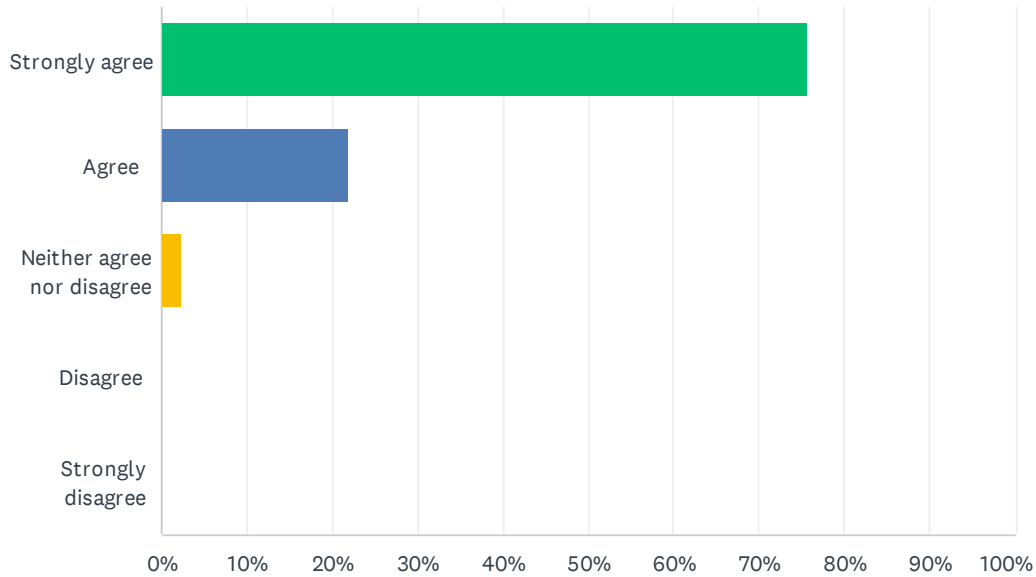
#	RESPONSES	DATE
1	Soothes baby and helps babies to sleep better	3/27/2025 7:41 PM
2	Getting to talk to other mums	3/27/2025 1:18 PM
3	Enhances bonding and helps to develop sensory development	3/27/2025 12:59 PM
4	I found it a very calming experience for both myself and my baby and a great opportunity to bond.	3/27/2025 12:42 PM
5	Getting to bond with my baby	3/27/2025 11:19 AM
6	Bonding	3/27/2025 11:01 AM
7	Bonding with baby	3/27/2025 11:01 AM
8	Bonding with the baby, learn how to make her more comfortable	3/27/2025 10:51 AM
9	Good tips on Bonding with baby & relaxing them	2/4/2025 10:11 PM
10	Bonding	2/4/2025 5:12 PM
11	Bonding	2/4/2025 4:55 PM
12	Bonding time for baby and mother, helps to relax baby and relieves wind/constipation	2/4/2025 1:31 PM
13	Helped baby settle down for naps	2/4/2025 1:16 PM
14	Relaxes baby	2/4/2025 11:03 AM
15	Meeting new mums and having my baby around other babies his age	12/30/2024 7:56 PM
16	It helps with his sleeping and really helped his wee belly as he was finding it hard to Toilet	12/16/2024 3:04 PM
17	Reflux, bonding with baby	10/21/2024 3:21 PM
18	Give me and my baby time together and made me learn how to help him go to toilet	10/17/2024 2:16 PM
19	Relaxing for both of us	10/16/2024 6:22 PM
20	Helps to relax baby, I find it especially useful before bed	10/16/2024 4:17 PM
21	Helps have some one on one time with baby	10/16/2024 2:56 PM
22	helps relax baby	10/16/2024 1:21 PM
23	Improves relaxation & helps with longer sleep for babies. Helps strengthen bond for parents & babies	10/16/2024 12:40 PM
24	The chest massage can help if baby has mucus build up	10/16/2024 12:29 PM
25	Relaxation	7/3/2024 10:35 AM
26	Calmness and lower stress levels	6/25/2024 7:45 PM
27	Helped me with my baby teething	6/24/2024 4:05 PM
28	Can help with teething and constipation	6/24/2024 2:27 PM
29	Teething and digestion as well as the oitocin release	6/21/2024 12:14 PM
30	Calming	6/21/2024 11:18 AM
31	Learning to calm baby	6/21/2024 11:17 AM

## Baby Massage 24-25 Parent Evaluation

32	Helped calm baby	5/9/2024 6:19 PM
33	Bonding	5/9/2024 3:36 PM
34	Bonding	5/8/2024 5:23 PM
35	Beneficial to them for example, face massage can help with congestion, tummy massage can help with wind and constipation.	5/8/2024 3:11 PM
36	Learning something I can do at home with my baby that doesn't cost any extra money and is calming for us both, it helped me establish a routine with my baby	5/8/2024 2:55 PM
37	Helped my baby relax and feel safe	5/8/2024 2:14 PM
38	Bonding with my daughter and learning different techniques to help if she has trouble with pooping.	5/8/2024 2:14 PM

## Q6 I feel assured that I can perform a baby massage routine confidently & safely

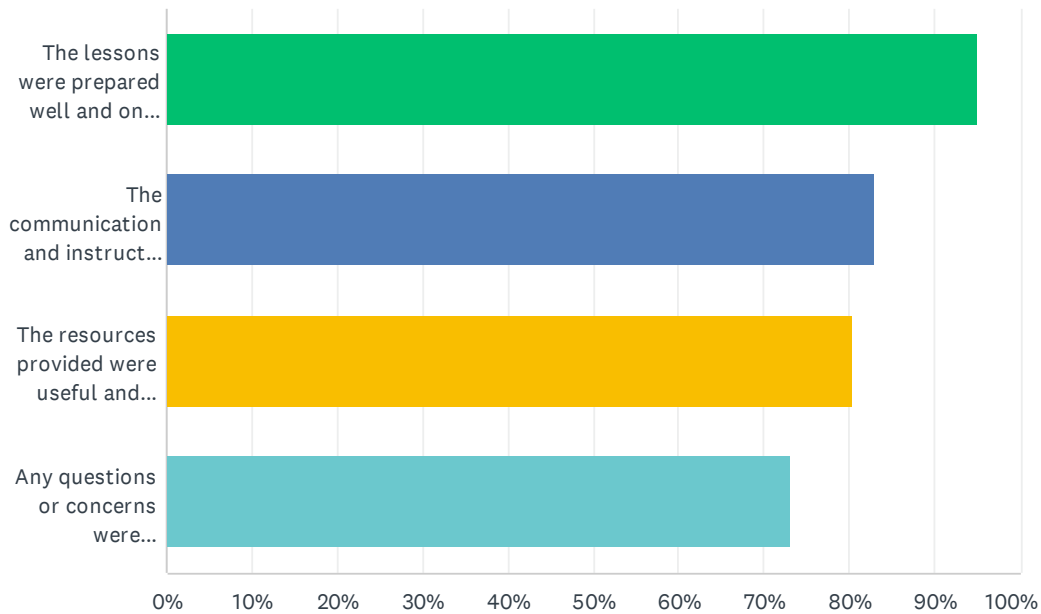
Answered: 41 Skipped: 0



ANSWER CHOICES	RESPONSES	
Strongly agree	75.61%	31
Agree	21.95%	9
Neither agree nor disagree	2.44%	1
Disagree	0.00%	0
Strongly disagree	0.00%	0
<b>TOTAL</b>		<b>41</b>

## Q7 With regard to the Workshop Facilitation, do you feel that....

Answered: 41 Skipped: 0

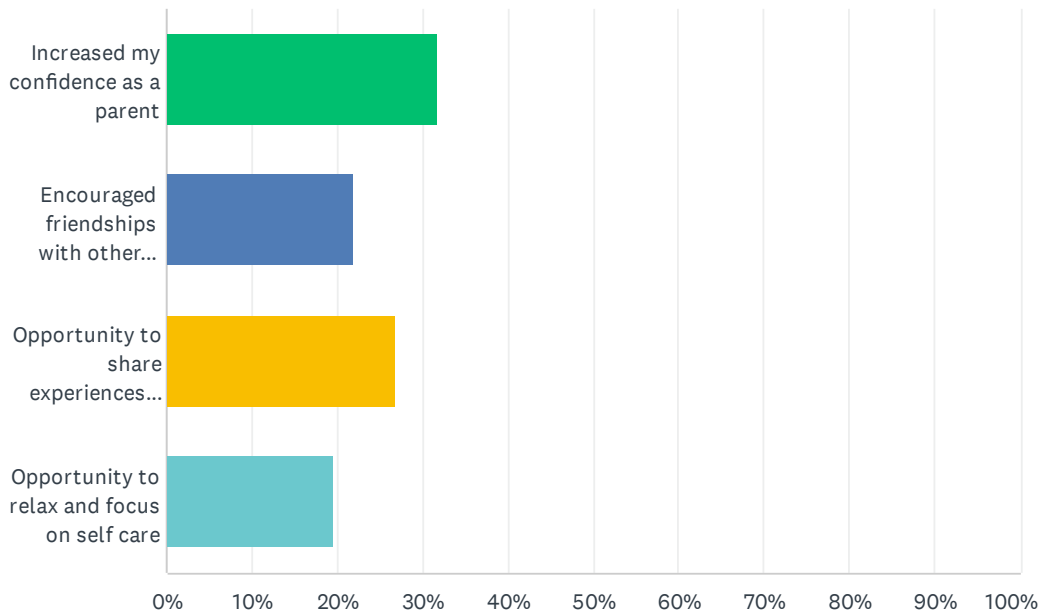


ANSWER CHOICES	RESPONSES	
The lessons were prepared well and on time	95.12%	39
The communication and instruction was clear	82.93%	34
The resources provided were useful and relevant	80.49%	33
Any questions or concerns were answered/dealt with	73.17%	30
Total Respondents: 41		



## Q8 What was your experience of the Baby Massage Programme?

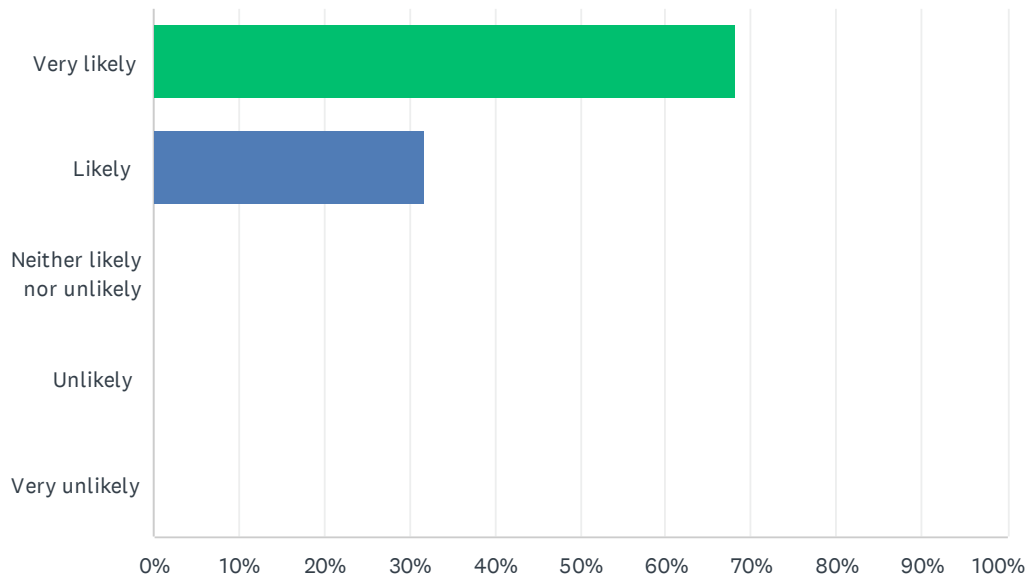
Answered: 41 Skipped: 0



ANSWER CHOICES	RESPONSES	
Increased my confidence as a parent	31.71%	13
Encouraged friendships with other parents	21.95%	9
Opportunity to share experiences with other parents	26.83%	11
Opportunity to relax and focus on self care	19.51%	8
TOTAL		41

## Q9 Would you be likely to continue Baby massage at home?

Answered: 41 Skipped: 0



ANSWER CHOICES	RESPONSES	
Very likely	68.29%	28
Likely	31.71%	13
Neither likely nor unlikely	0.00%	0
Unlikely	0.00%	0
Very unlikely	0.00%	0
<b>TOTAL</b>		<b>41</b>

## Q10 Any other comments/suggestions for the baby massage programme?

Answered: 11 Skipped: 30

#	RESPONSES	DATE
1	None that I can think of, I enjoyed it!	3/27/2025 7:41 PM
2	I really enjoyed the sessions as it was my first time taking part in anything like this I am quite a worrier and often over think things Julie Anne was immediately so reassuring that no matter what your baby needed at any time it was not a problem this made me less anxious about the possibility of my baby not engaging or disrupting the sessions things I needed have worried about at all as she loved it!	3/27/2025 12:42 PM
3	Amazing programme, helps with bonding and gave me the confidence to massage and connect with my son	3/27/2025 11:01 AM
4	Group work facilitation could be improved. No effort to open or close the group, make introductions. Staff not confident in delivery. Merging two groups in week 2 was a mistake and it felt like the decision was made to suit the facilitator. Final session was rushed and ended 15 minutes early. Resources were useful to do at home massage but overall a disappointing experience.	2/4/2025 4:55 PM
5	Very great and helpful programme	12/30/2024 7:56 PM
6	No, everything was perfect.	10/16/2024 12:40 PM
7	I would just like to thank kitty on how amazing she was and giving us mummies plenty of support and just amazing at what kitty does	6/24/2024 4:05 PM
8	It would be good if there was a wee video tutorial - maybe a quick refresher of the whole process to take a look back at. Kitty was amazing though and I really enjoyed the classes. Thank you	6/21/2024 12:14 PM
9	The girls were lovely thank you so much	6/21/2024 11:26 AM
10	Both me and baby enjoyed baby massage a lot. Not only did it strengthen, it has also not been added into our daily routine to encourage a better night sleep	5/8/2024 2:14 PM
11	Great facilitator in Maire and really friendly group, loved attending each week and seeing the other mums and babies	5/8/2024 2:14 PM