

Creative Movement for Babies: BALANCE

Fun and easy take-home ideas!

SONG!

Eight Apples and Bananas

I want to eat (*bring hand to mouth*)

I want to eat (*bring hand to mouth*)

I want to eat eight (*reaching and gathering*)

apples and bananas (*hands in a circle rubbing tummy*)

Repeat the song, varying the vowels you use: "Oo woont too oot, oo woont too oot..." "ee weent tee eat, ee weent tee eat", etc. Babies love it when you act nutty!

AROUND-HOME FUN

Secret Shapes! Babies will begin to enjoy appearing/disappearing games like peek-a-boo. One way to make this fun is to play with a partner or friend, taking turns making balancing shapes like frogs, trees, mountains or cats behind a sheet or blanket. When the "curtain" goes up, baby will delight in seeing or making new shapes.

SONG!

This is a great one when you don't have any instruments handy:

Hey Mr. Knickerbocker, boppity-bop (*clapping, marching, or bending*)

I like-a the way that you boppity-bop

Listen to the sound that I make with my hands (*clap*)

repeat

Listen to the sound that I make with my feet (*stomp*)

repeat

Listen to the sound that I make with my teeth (*chomp*)

Listen to the sound...knees, cheeks, hips, arms, etc!

TUMMY TIME!

Sofa cushions and pillows can make terrific "bridges" to climb over, crawl through and just roll around on. You can play mountain climber or scuba diver as you goof around with balancing! Opportunities like this, where your baby or toddler can safely explore being "off-balance" will help her to develop neurologically, as well as giving her a sense of comfort with that major mode of toddler movement: falling down!

DEVELOPMENTAL TIDBIT: Before babies have "conquered gravity" and started walking independently, they're still testing their nascent balancing systems. Even newborns, working to lift their heads off the floor while in a tummy-lying position, are using their balancing muscles. Creepers and crawlers negotiate balance, too, as they begin to practice moving their shoulders, hips and heads in coordination. As little ones will start to pull up, cruise and walk, their brains and bodies help them to navigate the vertical plan, because of all that great kinesthetic practice they had when they were younger!

Ghosts and ghoulies, Tigers and Troubadours: Everyone is Welcome at the Sparkplug Dance Halloween Fandango! For classes on Wednesday October 29, wear your silly hats and funny shoes or that pumpkin costume your aunt sent you... Oh, and feel free to put the babies and toddlers in costumes too! **at the Elizabeth Seton Center 222 West 14th St (between 7th & 8th Ave.)**