

Creative Movement for Babies: BODY PARTS

Fun and easy take-home ideas!

SONG!

One little two little three little toesies
Four little five little ...
etc.
Ten little toesies in a row.
(repeat, wiggling toes, fingers)

RHYME!

(Incorporate some gentle massage as you rhyme:)
Baby, baby, wash your face
Baby's bath is fun
Baby, baby wash your face
Now your bath is done.
(repeat rhyme with lots of other body parts)

SONG!

Loopdi Loo
Here we go loopdi loo,
Here we go loopdi lei,
Here we go loopdi loo,
All on a Saturday night.

I put my right hand in
I take my right hand out
I give my right hand a shake
And turn myself about (repeat using other body parts)

MY NEW WORLD!

Notice if the dogs and cats you might see, or if animals at the zoo or in picture books have body parts that make them special and unique. How might you move if you had a tail? A pouch? Tusks? A trunk? Hooves? Animals are so cool!

Developmental tidbit: Tummy time: Did you know your baby uses lots of body parts to play on her tummy? She's busy stretching and strengthening her hips, shoulders, spine and neck. Her legs and arms are becoming aligned in their sockets as she wiggles and moves on her stomach. She's also focusing her attention on the horizontal and vertical plane, which helps to train the muscles of her eye and open neural pathways in the brain to receive information! On her tummy, her lungs can fill and exhale more easily, she can digest her food more readily and her temperature and blood pressure are soothed and regulated. Wow! Lots of body parts benefit from tummy time!

Don't forget: We're online!

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