

Creative Movement for Babies: DIRECTION

Fun and easy take-home ideas!

SWING!

You can make a lovely swing for your younger baby by placing baby in a knitted blanket. You and a partner hold the corners and lift baby up about six inches off the floor. Gently swing her forward and backward, side-to-side and up and down.

ELEVATOR RIDES!

Babies love to be held in new ways, and one fun way to entertain them is to pretend they're riding in an elevator! Visit the basement, all the floors and the roof as you lift them higher and higher!

SONG!

Choo-choo Train

Here comes the choo choo (*or subway*) train (*marching together*)

Coming down the track.

First it's going forward (*dance forward*)

Then it's going back (*dance back*)

Hear the bells ringing

ding-a-ling-ling (*move side to side*)

Hear the whistle blowing (*move down, then up*)

Whoa, whoa (*freeze*)

OUT AND ABOUT

As you're outside, notice with your little one what goes up and down, what goes forward and what goes backward.

RHYMES

Some lovely rhymes have directions built right in, like "The Itsy Bitsy Spider" or "Jack and Jill". Use nursery rhymes you know and find ways to move with baby as you say them together. In doing so, you'll be helping baby engage with the new concepts rhythmically, kinesthetically, aurally and emotionally!

TUMMY TIME

Time spent on baby's tummy helps him/her to develop a greater awareness of the way his/her body is divided directionally, into an upper body/lower body and two body halves. This kinesthetic awareness will translate into greater motor coordination and neurological integration as he/she becomes more mobile. As babies mature, scooting on their bellies and creeping on hands and knees, they're still working to organize the different directions their arms, legs and head can go into one speedy moving machine!

Don't forget: We're online!

Check out www.sparkplugdance.org for more fun ideas and class updates!