

Creative Movement for Babies: WEIGHT

Fun and easy take-home ideas!

LET'S PRETEND!

Give your baby a series of ideas about movement like "Let's look at this rabbit in the book. Can you be a rabbit? How does a rabbit hop on its paws? Now let's look at the bird. Can you be a bird? How does a bird use its wings to fly?" Even little babies will enjoy the visual, kinesthetic and aural stimulation from this creative play.

TUMMY TIME!

"Rocks and Feathers" -- You can throw pillows on the ground and pretend they're rocks. They're so heavy and strong! Use a few scarves for feathers: Light and breezy, they can fly all around! Help baby to play on, over, under, around and with these light and strong objects.

SONG!

Monkey see, monkey do (*hands on hips, rocking*)
Monkey does the same as you (*point to a friend*)
We're going to clap, clap our hands
We're going to clap, clap our hands
We're going to stomp, stomp our feet
We're going to wave, wave our fingers
We're going to kick, kick our legs
(*alternate strong and light movement ideas*)

MAGNETS!

Babies love to touch their fingers and toes to yours. What if you could pretend that you had magnets attached to them and that when you touched hands or feet or heads, you became connected! Can you find ways to begin balancing together, or "sharing weight?" Can you find fun and different ways to support your baby's body in space?

SONG!

Down by the banks of the hanky panky (*bouncing baby on knees*)
Where the bullfrog jumps from bank to banky (*jump baby to other knee*)
They went oops, oops, belly flops (*let baby fall to your tummy*)
And missed the lily pad (*roll side to side*)
And went KERPLOP! (*roll backwards - repeat!*)

Developmental tidbit: As babies grow, the developmental milestones they achieve are the result of lots of practicing. Babies are working hard all the time to develop their physical coordination, visual eye-tracking, emotional and social connections, speech and object understanding. By giving them time each day to play in an unrestricted environment, we ensure that they optimize this time of phenomenal growth!

Don't forget: We're online!

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