Baby yoga - Session 1

AIM	ACTIVITIES	BENEFITS
Singing	Songs: Heads, shoulders, knees & toes Insy winsy spider Elephant song	Natural rhythm and repetition calms babies (heart beat) Development of communication skills: encourages expression, language and wider vocabulary (when they're older) Bonding: enhances the connection through touch and eye contact Benefits for the parent! – activates diaphragm & vagus nerve = relax :-)
Sensory stimulation	Tickles with fabric / feathers etc. Parachute Blowing over their skin with a straw	Develops 7 sensory systems: sight, sound, hearing, smell, touch, vestibular (sense of movement in space / balance / orientation), proprioceptive (sensations from muscles & joints – movement) Helps sense and connect to different parts of their bodies Object permanence (discovering things can disappear!) Babies need lots of sensory input to train their brain to process information.
Muscle development to assist independent head support, sitting & crawling	Tummy time: On your chest: eye contact On the floor On your thighs while you're sitting in boat pose Older bubs: elevated on your shins, holding their hands, while you're laying on your back (see pic on the other side)	Mobility and muscle development for the neck: learning to support their head and body (younger babies) Muscle tone in upper body, neck, arms, hands, fingers Stimulates "push-away" reflex - required progression for crawling: > Natural reflex present from birth, helps them move forward when learning to crawl > Can notice when placing a hand on bottom of their

Notes:

Calvary TULA YOGA wayraparattee grow strong together Gowrie LADY GOWRIE TASMANIA

Resources:

- Moving to Learn, Robyn Crowe & Gill Connell
- Baby Om: Yoga for Mothers and Babies, Laura Staton & Sarah Perron
- livestrong.com ('Yoga poses for babies')
- bubblesacademy.com ('Mommy and me yoga poses')

Yoga for little ones

Tummy time

Swaying

Flexing ~ extending

Movement

Sensory

Textures, colours

Sound

Touch

Connection

Eye contact

TULA YOGA

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