

## Baby yoga - Session 1

AIM	ACTIVITIES	BENEFITS
Singing	<p>Songs:</p> <p>Heads, shoulders, knees &amp; toes</p> <p>Insy winsy spider</p> <p>Elephant song</p>	<p>Natural rhythm and repetition calms babies (heart beat)</p> <p>Development of communication skills: encourages expression, language and wider vocabulary (when they're older)</p> <p>Bonding: enhances the connection through touch and eye contact</p> <p>Benefits for the parent! – activates diaphragm &amp; vagus nerve = relax :-)</p>
Sensory stimulation	<p>Tickles with fabric / feathers etc.</p> <p>Parachute</p> <p>Blowing over their skin with a straw</p>	<p>Develops 7 sensory systems: sight, sound, hearing, smell, touch, vestibular (sense of movement in space / balance / orientation), proprioceptive (sensations from muscles &amp; joints – movement)</p> <p>Helps sense and connect to different parts of their bodies</p> <p>Object permanence (discovering things can disappear!)</p> <p>Babies need lots of sensory input to train their brain to process information.</p>
Muscle development to assist independent head support, sitting & crawling	<p>Tummy time:</p> <p>On your chest: eye contact</p> <p>On the floor</p> <p>On your thighs while you're sitting in boat pose</p> <p>Older bubs: elevated on your shins, holding their hands, while you're laying on your back (see pic on the other side)</p>	<p>Mobility and muscle development for the neck: learning to support their head and body (younger babies)</p> <p>Muscle tone in upper body, neck, arms, hands, fingers</p> <p>Stimulates "push-away" reflex - required progression for crawling:</p> <ul style="list-style-type: none"> <li>&gt; Natural reflex present from birth, helps them move forward when learning to crawl</li> <li>&gt; Can notice when placing a hand on bottom of their</li> </ul>

Notes:

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### Resources:

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

# Yoga for little ones



Tummy time



Swaying



Flexing ~ extending



TULAYOGA

Elise Dewar

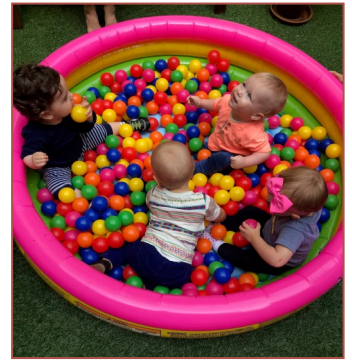
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Movement

Sensory



Textures, colours



Sound



Touch



Eye contact



Connection