

## Baby yoga - Session 2

AIM	ACTIVITIES	BENEFITS
Movement of limbs	<p>Gently extending or stretching arms, legs, hands, feet, fingers, toes</p> <p>Gently rotating in joints</p> <p>Touching opposite limbs (e.g. right hand to left foot)</p>	<p>Development of senses and reflexes:</p> <p><b>Proprioception:</b> learning where they are in relation to themselves (sensors in muscles / joints)</p> <p>Mouth has lots of sensory receptors (sucking their toes = learning about the object; that it's <i>their</i> foot!)</p> <p>Awareness that they have 2 sides of their body</p> <p>Assists left and right brain hemisphere function</p>
Swaying movements	<p>Younger bubs: in arms / lap / squatting</p> <p>Older bubs: holding onto chest / under armpits, sway side to side or spin slowly (1 circle per 8 secs)</p>	<p>Development of <b>vestibular system</b> (sensors in inner ear):</p> <ul style="list-style-type: none"> <li>&gt; Learning where they are in space</li> <li>&gt; Coordinating head and eye movements</li> <li>&gt; Balance (for older bubs)</li> <li>&gt; Learning in first 15 months is centred on the development of the vestibular system</li> <li>&gt; Closely tied to language development</li> </ul>
Massage / touch	<p>Touch can be:</p> <p>Gentle but firm (better than tickling)</p> <p>Squeeze or stroke</p> <p>Circular movements</p> <p>Fingertips like raindrops</p> <p>Use items with different textures</p>	<p>Enhances body awareness: helps them sense and connect to different parts of their bodies</p> <p>Teaches your baby about their body: low long or wide it is, how big it is, that it has a beginning &amp; end</p> <p>Repeated touch = assisted learning (establish pathways in the brain)</p> <p>Relaxes, calms and reassures</p> <p>Stimulates circulation &amp; blood flow to organs and muscles</p> <p>Helps release primitive reflexes present at birth</p> <p>Builds bond and connection between parent and baby</p>

Notes:

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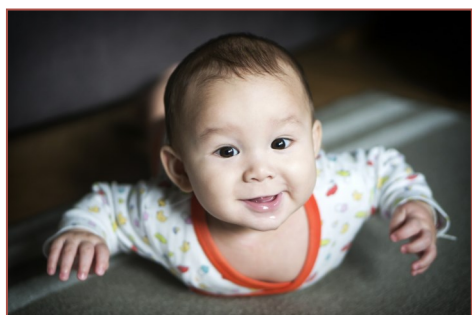
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### Resources:

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



# Yoga for little ones



Tummy time



Swaying



Flexing ~ extending



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Movement

Sensory



Textures, colours



Sound



Touch



Eye contact



Connection