

Our Continuous Provision Curriculum

Baby & Child Yoga

Intent

Children develop through yoga poses, which can aid in their gross and fine motor skills. Yoga helps to improve sleeping patterns both in duration and frequency, as well as encourages sleeping through the night. Yoga poses and stretches for infants aid in digestion, constipation, and relieve gas and colic. It also promotes bonding between practitioners and babies.

Implementation

Playful yoga songs and activities (and seeing other children) help make the whole experience fun! Including tummy time! For babies.

Impact

Yoga creates balance between strength and flexibility in developing bodies, so children grow strong and maintain the flexibility they are born with. Yoga helps to initiate social interaction in a non-competitive environment. Healthy habits learned early in life become healthy habits later in life.

Children being Inspired by Yoga supports characteristics of effective learning:

- Playing and Exploring – The engagement
- Active learning – The will
- Creating and Thinking Critically – The skill

Children, especially Babies & toddlers love yoga!



Benefits of Infant Massage & Yoga
Developmental Benefits for the First Year of Life

<p>Social & Emotional Strengthen family bonds. Interact with others. Builds self-confidence & self-esteem. Creates respect.</p>		<p>Physical Gross motor skills Body awareness. Grasping, rolling, crawling & standing. Fine motor skills Balance Coordination</p>
<p>Cognitive Brain development. Memory and recall. Sensory develops. Relaxation.</p>		
<p>Language Vocalizations. Self-expression. Language development. Model healthy communication.</p>		