

Little Red Caboose

Foundations: Little Red Caboose

Lesson Focus: Moving to Learn and Learning to Move

Children grow up fast, and the first year of life is no exception. Babies grow by leaps and bounds in their first year—or, more accurately, by grasps and scoots. One minute you hold a newborn who reflexively grasps your finger. Seemingly, the next minute your little baby intentionally reaches up to touch your nose. Whether reaching for a nose, lifting a head during tummy time, clapping, rolling over, sitting up, crawling, or (gasp!) walking, your baby exerts tireless hours to learning how to intentionally move.

In Kindermusik, we understand the importance of both fine and gross motor skill development. Each week in class, we provide many opportunities for you and your baby to engage in fun, musical activities that support and strengthen each stage of your child's movement development. From tummy time to playing with baby-safe instruments to gently bouncing your baby in your lap, class activities will support the development of the small and large muscles as well as coordination for more complex movements like eventually kicking a ball, jumping, and even writing.

Everyday Connection: *Just dance.* In order to effectively learn to move, your baby must gain an understanding of gravity. Dancing together can help. So, put on some of your favorite music, and gently dance with your baby. Hold your little one in different positions: facedown (while still supporting the neck), sideways, or face forward.