

Our Continuous Provision Curriculum

Baby & Child Yoga

Intent

Babies and toddlers 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 babies and toddlers) help make the whole experience fun! Including tummy time!

Impact

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

Babies & toddlers love yoga!

