

With Child Yoga Instructor Certification Manual

Welcome Page

Yoga Benefits for Children

Pictures and Descriptions of Yoga Poses

Sample Class Formats

How to set up your Class Formats

How to make your Classes more Children Friendly

Class Rates and Marketing Information

Sign up Sheet

Class Waiver and Release Form

Beach Ball Roll

Place a beach ball under the child by sitting the child on the ball, Slowly roll the ball from side to side to help the child learn balance, this also strengthens the tummy.



Beach Ball Surf

Place a beach ball under the child laying tummy down, bring ball forward and backward slowly, if child is able touch toes to floor so they can learn to push off, roll forward level.



Baby Pull Up Pose

Place blanket under small babies whose necks are not strong enough to hold up head, grab both corners of top of blanket and slowly bring toward you, this will lift the baby up similar to a modified sit up, for older babies you can grab their hands and slowly pull them up to a sitting position.



Butterfly Wings Pose

Place the soles of babies feet together while knees are bent, bring legs apart and in again. Do not force legs to bend.



Super Baby Pose

Place baby on tummy on the floor, bring arms to side of chest elbows bent and kick heels to bottom one at a time.



Baby Seal Pose

With baby on tummy put hands next to sides of chest, hands can be opened or closed carefully pull the baby's shoulders back which will help straighten the arms.



Push Up Pose

Bring hand to sides of chest and to bend the knees under the child, you can push from behind.



Log Roll Pose

Roll baby from back to front, move arm up to not get caught, then back onto tummy, for smaller babies use a blanket under to help roll them.

Tree Pose

With child on back place the sole of one foot on the inside of the opposite leg at the highest level close to the thigh the child will allow, hold and go to next side.



Triangle Pose

Bring one foot to the side of the body to meet the hand on the same side.



Chair Pose

Place hands on the shins of the baby and bring bent knees toward chest, do not force legs.



So Big Pose

Bring arms to side and straight up to sides of head.



Windmill Pose

Bring one arm down in front of diaper and bring the other across the top in front of the face.



Toes to Nose Pose

Bring one leg up try to put toes to nose, switch sides.



Plow Pose

Bring both legs together feet up toward head.



Alligator Twist Pose

Bring both legs bent together up by holding under thighs and hips and bring to the side do with each side.



Bicycle Pose

Place hands on each side of calf or on the soles of feet and bend one leg in at a time like pedaling a bike.



Crossovers Pose

Bring hand and foot together of opposite sides then apart.



Can Can Pose

Bring both legs up together, hands under his and sides of thighs and circle around each way.



Baby Ballet Pose

With one leg circle around each way, then circle ankle, each way and flex and point the foot repeat on the other side.



Pretzel Pose

Bring one leg up toward the belly button and one under the belly button crossing legs, switch to other side.



Beetle Pose

Bring leg and hand together on each side in front of the body.



Rowing Pose

Bring arms out to sides, back together in front of heart.



Star Pose (This is your last pose of the all classes)

Parent is lying on back and child can lie on top of parent or next to parent.



Baby Yoga Class Example

Beach Ball Roll & Surf

Beetle Pose

Butterfly Wings Pose

Crossover Pose

Plow Pose

Rowing Pose

So Big Pose

Triangle Pose

Windmill Pose

Pretzel Pose

Roll Up Pose

Leg Circle Pose

Knee to Chest Pose

Alligator Pose

Bicycle Pose

Baby Seal Pose

Super Baby Pose

Tree Pose

Toes to Nose Pose

Star Pose

Class Format Design

Pick out poses that flow from one to another, you will need about 15 for each class you can repeat those 2 times if you wish. Remember these are not to be rushed through.

You can start with a mini infant dry massage this will take 5-10 minutes.

Always explain the safety precautions before starting class.

Always end with Star Pose. This would be a good time for some soft music.

If you would like add soft music maybe lullabies or children's tunes, play at a low volume while you are teaching.

Try to get the same number of arm and leg exercises.

Say the name of each pose while showing it.

Try to stay with the same design for at least 4-16 weeks so the parents can get use to it before you change it on them.

Changing it somewhat keeps them coming to class, no one likes to keep doing the same thing over and over when it is time to resign up for the next session.

If you make class sessions this gives you the best time to change class format, that way they will know you are starting a new class format.

We have given you the basic poses in your certification kit, you can make class formats with these just fine but if you would like to spice it up you should purchase our Themed Curriculums with songs, rhymes and stories.

Allow time about 10 minutes for parents to have time to talk to one another before or after class.

Make sure everyone in class has filled out a waiver and release form.

Make your classes more Baby friendly.

1. Have a place for mothers to breastfeed.
2. Keep a couple of extra small blankets, mats or beach towels incase someone forgets one.
3. Keep the room temp comfortable not too hot or cold.
4. Speak clearly and slowly. Yoga is not rushed.
5. Make sure everyone in the room can see you as you demonstrate the poses.
6. Say the name of the pose when doing it, this way the parent learns it.
7. Give out class format sheets so the moms can follow along better, if there are songs or rhymes put them on the sheet also, next to the pose so they can say it with you.
8. Allow a little time before or after class for them to talk about the babies with each other.
9. Never talk about personal problems, always be positive.
10. Give everyone a contact phone # so they can contact you if they can not make it to class and have a let them know the way you will contact them if you need to cancel class.

Yoga benefits for Babies and Toddlers.

Yoga helps babies sleep better and longer, stretches and strengthens muscles, helps with hand and eye coordination, improves digestion and helps organs function properly, promotes parent /child bonding.

Yoga helps Toddlers sleep better and longer, stretches and strengthens muscles, helps with hand and eye coordination, helps organs function properly, promotes fun bonding time for child and parent, helps use up extra energy and teaches them how to relax.

Adults feel better after their own yoga practice and the children feel the same way.

Precautions:

Do not force baby's arms or legs into any poses, if the baby resists stop and try again later.

For very young babies make sure head and neck are supported.

Class Rates

Check on rates of other classes around the area and set them close.

We charge \$15 a class for Drop-in. 6 Week Package \$75 or unlimited Month of classes \$75. You can increase the week packages but price cheaper per class the more classes they buy.

Make the first class Free. Make up coupons to give out to local stores.

Class referrals; if they refer someone we give each of them a free class.

Give your packages an expiration date. I give 8 weeks for a 6 week package.

Promotional Ideas

Contact all local newspapers, free press magazines and calendars of your new classes times and dates.

Make flyers pass them out to local businesses and children's clothing, babies-r-us, baby depot, resale shops and maternity stores we even go door to door.

Contacts: Dr. offices, pediatric Dentists, midwives, breastfeeding organizations, YMCA, yoga studios and fitness centers in the area and let them know of your classes.

Internet: Go online and ask to link to any business website that sells or works with children or maternity services.

You can list your classes in your area for free on Baby zone.

Hospitals give out info on local businesses to women when leaving the hospital after the birth of a child; contact them to see if your information can be added.

If you have a Grand opening and on that day all classes are free you can post a flyer up at the library.

Class Waiver

I, the undersigned participant in this Mom & Child exercise Class, as a condition of my participation , hereby waive any and all claims I may have now or in the future against my Instructor, With Child Yoga or _____(class location) in connection with or arising out of my participation in this exercise class or any injury to myself or my child related thereto. I understand that any exercise program carries with it some risk. I acknowledge and accept that risk.

Sign: _____

Date Signed: _____

Print Name: _____

Childs Name: _____ Date of Birth: _____

Address: _____

Phone: _____ Emergency Contact Phone #: _____

E-Mail: _____

Name _____ Class Location _____
Address _____ Date Paid _____
City _____ E-mail _____
State _____ Zip Code _____ Phone _____

Class _____ Start Date _____
Childs Name _____
Age _____

Emergency Contact

Name _____
Phone _____

Strollerjize With Child Yoga or its instructors, owner or the family members will not be held responsible for any injury to me or my child during these classes.

Signature _____ Date _____

Normal Workout Plan Now

(Please Circle)

Once a week

Twice a week

Three or more a week

New or Returning Member

What kind of exercise?

Are you pregnant? _____ Due Date _____

Any problem with pregnancy? _____

Welcome to With Child Yoga

The manual gives you the basic yoga poses for babies 6 weeks-11 months of age.

Yoga for children is nothing like adult yoga, classes are not quite or relaxing they are fun, energetic and noisy.

No experience is necessary to teach this class, if you are having fun while teaching, then the child and parent will also.

This manual should take about 1-3 months to learn and remember the material enough that you are comfortable teaching it.

When you have learned the material, send me a VHS tape or DVD of you teaching a pretend class. We will review it and give you any tips you might need or things you might want to change.

Once we have reviewed the tape and feel you know the material, we will send you your certification certificate with your instructor T-shirt and email you the attachment for the logo.

We will ask you for the following information to be put on your webpage. Your information will be listed for 1 year, if you need to any changes let me know so I can add them to the webpage.

Your Name.
Class location and address.
Classes offered and days of week and times of day.
Price and class session length.
Contact Phone #

To keep your certification current and your webpage listing you will have to pay \$100.00 a year. This is due 1 year from when you received your certification.

With a current certification you can purchase With Child Yoga or Strollerjize products and instructor materials at a discount and use the logo.

Baby Yoga Rhymes

Beach Ball Roll: Forward backward, left to right makes my tummy strong and tight.

Baby Pull ups: Up, up and away and back down again.

Butterfly Wings Pose: With wings I fly high up in the sky, because I am a pretty butterfly.

Super Baby Kick: I flap my arms and kick my legs, watch me fly, I'm Super Baby.

Log Roll Pose: Rolling, rolling, rolling, keep those babies rolling.

Tree Pose: I plant my roots for me to grow, soaking up food from the earth below.

Triangle Pose: With my foot to the side, I grab my toe to make a triangle pose.

Chair Pose: I bend my knees and flatten my feet now I have a seat.

So Big Pose: So big and small, so big and small.

Windmill Pose: One arm up, one arm down, now we switch them all around.

Toe to Nose Pose: I bring my toes to nose watch this, I bring my toes to my nose watch this, I bring my toes to my nose, now I am flexible and strong, I bring my toes to my nose, watch this. (To the tune of If you are happy and you know it)

Plow Pose: My legs are up, my arms are down, when I lift my legs up, I turn upside down.

Alligator Pose & Twist; come on let's twist and twist like an alligator, let's twist some more now the other side, repeat.

Bicycle Pose: The tires on the bike go round and round, round and round, when me and mommy ride to town.

Criss Cross Pose: Stretch, stretch, stretch inside and out that's what exercise is all about.

Push Up Pose: Hands, arms, feet and knees, help me balance to crawl with ease.

Can can Pose: Circle to the right, circle to the left, this is how I do the can can pose.

Leg Circles: Around and around we go when we stop mommy knows.

Pretzel Pose: One foot above and one foot below I do the pretzel pose.

Beetle Pose: Beetle, beetle squirming around, beetle, beetle up side down.

Notes

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Welcome to With Child Yoga

The manual gives you the basic yoga poses for children 1 - 5 years of age.

Yoga for children is nothing like adult yoga, classes are not quite or relaxing they are fun, energetic and noisy.

No experience is necessary to teach this class, if you are having fun while teaching, then the child and parent will also.

This manual should take about 1-3 months to learn and remember the material enough that you are comfortable teaching it.

When you have learned the material, send me a VHS tape or DVD of you teaching a pretend class. We will review it and give you any tips you might need or things you might want to change.

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Beach Ball Roll: Place child on ball and roll forward, backward, to help with balance and to make core muscles stronger.

Ball Surf : Put child Tummy down on ball and roll forward until hands touch the floor then backward for feet to touch the floor to push off.



Ball Roll



Ball Surf

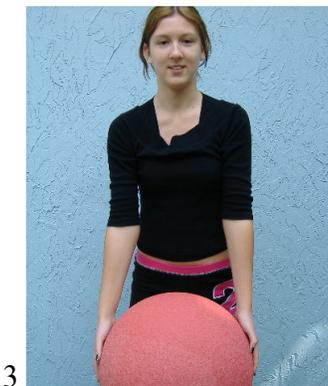
Beach Ball Sunrise: Stand holding the beach ball above your head (1), swing your arms around (2) and down (3) and around the other side (4) in a big circle holding the ball, now try the other way.



1



2



3



4

Mountain Pose

Stand straight with feet together, legs straight and arms down at your sides.



Wind Pose

Stand in mountain pose and lift arms straight above your head.



Monkey Pose

Start by standing, bend knees and lean forward put hands under or on toes, look forward.



Rabbit Pose

Get on to knees, place hands together behind back and lean forward bringing your arms up.



Turtle Pose

Squat down hands behind feet.



Bird Pose

Stand up straight and lift one knee.



Elephant Pose

Bend over bring hands together arms straight and swing them back and forth.



Plow Pose

Lay on floor on back lift legs up and over above head try to touch your toes to the ground.



Pigeon Pose

Sitting on knees, bring one leg back straight and the front leg to the inside of the thigh, use hands for balance.



Mouse Pose

Sit on heels, lean forward, place hands on floor in front.



Lion Pose

Sit on heels and place hands on knees and open mouth to roar.



Dog Tail Pose

Get onto hands and knees, swing hips back side to side like a dog wagging his tail.



Slide Pose

From hands and knees spread fingers apart and bring your bottom up to the ceiling coming up onto toes.



Seal Pose

Lay down on your tummy, arms out to side of chest and come up as far as you can.



Super Kid Pose

Lay down on your tummy, arms out straight in front, kick arms and feet.



Earth Worm Pose

Lay down on your tummy arms out straight and roll back and forth.



Pretzel Pose

Sit with knees bent and place one on top of the other, try to line up knees on top of one another.



Walking Bear

Start on Hands and knees, straighten out legs and walk forward using your hands and feet.



Inch Worm Pose

Lay down on your tummy legs together, bring your knees forward and straighten out moving forward.



Cat Pose

Start on your hands and knees and arch you're back like a cat.



Cow Pose

Start on your hands and knees and push your tummy toward the floor, head and bottom come up toward the ceiling.



Rowing

Sit on bottom with legs forward, bring arms together, apart, straight up, down and back up.



Butterfly Pose

Sit down and bring soles of the feet together, place your hands on your feet and move your legs up and down.



Washer Pose

Sitting on the floor put your hands on your shoulders and twist right to left.



Forward Bend Pose

Sit on the floor with your legs out straight and stretch forward to toes.



Boat Pose

Start sitting on floor with knees bent, feet flat on the floor, hold onto the back on of your thighs and bring your feet off the floor and knees toward your chest, now you can balance on your bottom.



Saw Pose

Sit down with legs in front of you, open legs out as far as you can, arms straight above each leg, twist your upper body and try and touch your right toe with your left fingers.



Bicycle Pose

Lay on back legs straight and arms straight by your sides, bend your knee and bring one leg at a time toward your tummy while the other leg is straight.



Knee to Chest Pose

Lie on back and bring one knee to your chest, switch legs.



Locust Pose

Lay on tummy with hands next to chest, elbows bent and raise one leg up. Don't forget the other side.



Moon Pose

Sitting on your knees bring both together on one side, grab shins with the hand or put it on the floor next to your shins on that same side and bring opposite arm up and over.



Rain Drop Pose

Lie on your side and bring your hands and feet together.



Bicycle Ramp Pose

Get on Hands and knees and lift up your bottom and bring legs back straight.



Horse Pose

Start on hands and knees lift one arm out in front, then switch.



Rocking Horse Pose

Lie on your tummy, bend knees and reach back and grab ankles, rock forward and back.



Frog Pose

Start standing squat down and put hands beside your feet and jump.



Sunning Frog Pose

Sit, bend your knees backward, now lay down on your back.



Rag Doll Pose

Stand with feet spread apart, lean over touch floor with hands.



Star Fish Pose

Lay on your back arms out to the side and legs straight but apart. (relaxation pose)



Namaste Goodbye

Use your hands and follow these movements.

Say “Hands up in the air, Open, close them, open, close them, clap, clap, clap and wave, wave, wave (twist, twist your wrists to wave goodbye) Goodbye, Namaste everyone!”

Sample Class

Beach Ball Surf and Roll

Beach Ball Sunrise

Mountain Pose

Wind Pose

Bird Pose

Cactus Pose

Bear Pose

Frog Pose

Elephant Pose

Turtle Pose

Car Pose

Boat Pose

Forward Bend Pose

Bicycle Pose

Butterfly Pose

Washer Pose

Moon Pose

Rabbit Pose

Cat Pose

Cow Pose

Horse Pose

Inch worm Pose

Rain Drop Pose 1 side

Earth worm Pose

Rain Drop Pose other side

Star Fish Pose

Namaste Goodbye

Sample Class #2

Beach Ball Roll and Surf

Mountain Pose

Wind Pose

Tree Pose

Elephant Pose

Monkey Pose

Bird Pose

Frog Pose

Slide Pose

Dog Tail Pose

Lion Pose

Cat Pose

Cow Pose

Super Kid Pose

Inch Worm Pose

Cobra Pose

Butterfly Pose

Washer Pose

Boat Pose

Forward Bend Pose

Saw Pose

Bicycle Pose

Knee to Chest Pose

Plow Pose

Moon Pose

Rabbit Pose

Pigeon Pose (1 side)

Mouse Pose

Pigeon Pose (1 side)

Star Fish Pose

Goodbye Namaste

Setting up your Class Format.

1. To set up a good class you need to look at all your exercises and see what would flow from one to another.
2. If you start standing do all your standing poses, then go to hands and knees or squatting then to sitting poses and so on.
3. End with the relaxation pose.
4. Start with easiest poses first then harder poses then back to easy poses.
5. You will determine the number of poses needed by the length of the class.
Allow 1 minute for each pose.
6. Last pose is always the relaxation pose allow 3-5 minutes.

Making Classes More Child Friendly

Remember these are children's classes. Form of poses is not the most important task, the children will modify the poses to their bodies. Just so they are not doing anything that could hurt them, let them express themselves in the poses.

Keep the class up beat. Have fun teaching and the kids and parents will have more fun.

Do not try to keep the class quite like an adult class, not all children will follow all the time, so if they take off to another part of the room let them, the parent will bring them back and they can join back in when ready.

Relaxation Pose should only be up to 5 minutes long at the most. You will want to start out with a couple of minutes and see how it goes, then you can increase it a little if the children are older or if they have already attended class for quite a while.

If the child does not relax well have the child put his/her head on the parents tummy, this makes it more fun or have all the children together and have them lay on each others tummy like a crossword puzzle or have them lay with all there heads or feet together in a circle.

You can play music, sing or read a story during relaxation.

You can play music during class just keep it low so they can hear your instructions.

Yoga benefits for Babies and Toddlers.

Yoga helps babies sleep better and longer, stretches and strengthens muscles, helps with hand and eye coordination, improves digestion and helps organs function properly, promotes parent /child bonding.

Yoga helps Toddlers sleep better and longer, stretches and strengthens muscles, helps with hand and eye coordination, helps organs function properly, promotes fun bonding time for child and parent, helps use up extra energy and teaches them how to relax.

Adults feel better after their own yoga practice and the children feel the same way.

Precautions:

Do not force baby's arms or legs into any poses, if the baby resists stop and try again later.

For very young babies make sure head and neck are supported.

Class Rates

Check on rates of other classes around the area and set them close.

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Make the first class Free. Make up coupons to give out to local stores.

Class referrals; if they refer someone we give each of them a free class.

Give your packages an expiration date. I give 8 weeks for a 6 week package.

Promotional Ideas

Contact all local newspapers, free press magazines and calendars of your new classes times and dates.

Make flyers pass them out to local businesses and children's clothing, babies-r-us, baby depot, resale shops and maternity stores we even go door to door.

Contacts: Dr. offices, pediatric Dentists, midwives, breastfeeding organizations, YMCA, yoga studios and fitness centers in the area and let them know of your classes.

Internet: Go online and ask to link to any business website that sells or works with children or maternity services.

You can list your classes in your area for free on Baby zone.

Hospitals give out info on local businesses to women when leaving the hospital after the birth of a child; contact them to see if your information can be added.

If you have a Grand opening and on that day all classes are free you can post a flyer up at the library.

Class Waiver

I, the undersigned participant in this Mom & Child exercise Class, as a condition of my participation , hereby waive any and all claims I may have now or in the future against my Instructor, With Child Yoga or _____(class location) in connection with or arising out of my participation in this exercise class or any injury to myself or my child related thereto. I understand that any exercise program carries with it some risk. I acknowledge and accept that risk.

Sign: _____

Date Signed: _____

Print Name: _____

Childs Name: _____ Date of Birth: _____

Address: _____

Phone: _____ Emergency Contact Phone #: _____

E-Mail: _____

Name _____ Class Location _____
Address _____ Date Paid _____
City _____ E-mail _____
State _____ Zip Code _____ Phone _____

Class _____ Start Date _____
Childs Name _____
Age _____

Emergency Contact

Name _____
Phone _____

Strollerjize With Child Yoga or its instructors, owner or the family members will not be held responsible for any injury to me or my child during these classes.

Signature _____ Date _____

Normal Workout Plan Now

(Please Circle)

Once a week

Twice a week

Three or more a week

New or Returning Member

What kind of exercise?

Are you pregnant? _____ Due Date _____

Any problem with pregnancy? _____

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Yoga Sign Poses

This book introduces 24 Yoga poses for children and the Baby Sign Language signs that correspond.

Airplane Pose

Bear Pose

Bird Pose

Butterfly Pose

Cat Pose

Cow Pose

Chair Pose

Car Pose

Dog Wag Pose

Duck Pose

Elephant Pose

Flower Pose

Fish Pose

Frog Pose

Horse Pose

Lion Pose

Moon Pose

Monkey Pose

Rabbit Pose

Rag Doll Pose

Spider Pose

Turtle Pose

Wind Pose

Star Pose

Yoga Poses:

Airplane Pose: Stand with feet together, bend over so back is level, bring arms out straight to the sides.



Bear Pose: Start on hands and knees, lift hips and straighten arms and legs, step legs apart.



Bird Pose: Stand with one knee bent back and hands together at chest.



Butterfly Pose: Sit with soles of the feet together and hold with hands.



Cat Pose: Start on hands and knees, arch back upward and bring tail bone and head toward the mat.



Cow Pose: Start on hands and knees, arch back down and bring tail bone and head toward the sky. You can do this with cat and go from one to another.



Chair Pose: Stand with feet together, bend knees and sit straight down like you are going to sit in a chair and bring out arms all your weight should be on your heels. (you should be able to wiggle your toes)



Car Pose: Sit down with legs out straight and arms out like on a steering wheel.



Dog Wag Pose: Start on hands and knees, bring hip and shoulder together, then do the other side.



Duck Pose: Squat down with your heels together and knees out with hands in front.



Elephant Pose: Stand with legs apart, clasp hands and bend over and swing arms like a trunk.



Flower Pose: Stand with one leg on opposite thigh or below knee and bring both arms up hands together over head.



Fish Pose: Lie on back, bring crown of head to mat, arch back, bring hands together at chest to make fin. (parent can hold under back for support)



Frog Pose: Squat down with feet slightly apart and hands in front of feet.



Horse Pose: Start on hands and knees, bring one arm out at a time and bend wrist.



Lion Pose: Sit on heels bring hands forward fingers out and stick out tongue.



Moon Pose: Sit with both legs bent to the side, bring opposite arm up and over head to lean to the side.



Monkey Pose: Stand with feet slightly apart and bend over to touch fingers to mat, now look up.



Rabbit Pose: Sit on Heels, bring hands together behind back, bring crown of head to the mat, bring arms up to make the ears.



Rag Doll Pose: Stand with feet spread apart, lean forward until your hands touch the floor.



Spider Pose: Parent is on hands and knees and child lays on parent tummy down going across the back giving them 8 legs.



Turtle Pose: Squat down with hands behind your feet.



Wind Pose: Stand with feet slightly apart, bring arms over head, sway back and forth and twist.



Star Pose: Lie on back with arms and legs spread apart.



Baby Sign Language Signs

Airplane

Bear

Bird

Butterfly

Cat

Cow

Chair

Car

Dog

Duck

Elephant

Flower

Fish

Frog

Horse

Lion

Moon

Rabbit

Doll

Spider

Turtle

Wind

Star

Baby Signs

Airplane Sign: First finger, thumb and small finger point out and fly.



Bear Sign: Scratch chest repeatedly.



Bird Sign: One finger and thumb up at mouth like a bird's bill.



Butterfly Sign: Flutter hands like wings, keep thumbs together.



Cat Sign: Repeatedly pinch and trace “Cats whiskers” outward.



Cow Sign: Place pinky finger up and thumb, hold next to temple.



Chair Sign: Two fingers sit on top of 2 other fingers for chair legs and seat.



Car Sign: Hands are positioned like on a steering wheel.



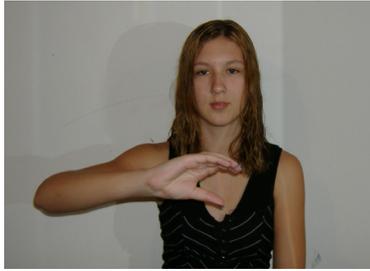
Dog Sign: Pat hip repeatedly.



Duck Sign: Two fingers and thumb up at mouth like a duck's bill.



Elephant Sign: Trace shape of trunk down from nose.



Flower Sign: Touch nose with hand as if smelling a flower.



Fish Sign: Flutter fish hand forward like a fish swimming.



Frog Sign: With hand under chin repeatedly straighten and rebend fingers, like a frog jumping.



Horse Sign: First two fingers and thumb out next to the side of head.



Lion Sign: With hand outline lion's mane above head.



Moon Sign: Make a circle up in the sky.



Monkey Sign: Bend elbows with arms out to side, curl wrists and move them up and down.



Rabbit Sign: Two fingers hopping.



Doll Sign: Scrape hooked finger down nose repeatedly.



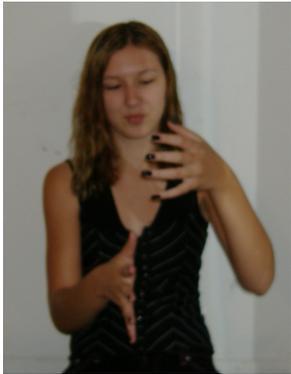
Spider Sign: Place one hand on other and wiggle fingers like spider legs.



Turtle Sign: Make a fist with thumb sticking out, place other hand over like a shell.



Wind Sign: Sway hands side to side repeatedly like they are blowing.



Star Sign: One finger pointing up with each hand, move up and down opposite fingers like shooting stars from the ground.



The child is told the name of the sign, shown the sign and then shown the yoga pose.

Benefits of Baby Sign Language

Research has shown that babies' cognitive development precedes the physical development. Babies are able to use hand gestures long before the vocal-motor skills that they may begin to communicate with hands as early as 6 to 8 months.

Babies will adapt some hand shape and movement of signs in their natural way, depending on their developmental stage of eye-hand coordination. Their signs would evolve and mature when their physical coordination develops.

Parents don't need to be fluent in sign languages. Most basic signs are iconic enough to understand.

Point to an object or an action and show the baby a sign associated with it.

Use signs accompanied with spoken words.

If the baby has not responded back, be patient. It may take a while, weeks or months, before a baby first responds.

Knowing when your child is ready to learn signs

If he points an object.

Makes gestures by imitation, like waving goodbye.

Most babies are ready to learn between 6-10 months of age, it may take up to 12 weeks for your baby to sign back to you.

Helpful Hints

Use body language when signing.

Sign in context.

Never show disappointment, remember it takes time.

Reward when baby signs back.

Gently shape babies hands if needed.

Sing songs, read stories that give you the opportunity to practice signs.

Put objects of signs in the diaper bag and as the child or you pull them out say and show the sign.

Yoga Benefits for Babies and Toddlers

Yoga helps babies sleep better and longer, stretches and strengthens muscles, helps with hand and eye coordination, improves digestion and helps organs function properly, promotes parent /child bonding.

Yoga helps Toddlers sleep better and longer, stretches and strengthens muscles, helps with hand and eye coordination, helps organs function properly, promotes fun bonding time for child and parent, helps use up extra energy and teaches them how to relax.

Adults feel better after their own yoga practice and the children feel the same way.

Children will sometimes take a while before they can follow all the poses, this is normal, just remember this is fun for kids and should not focus on alignment, just so they are not doing anything that is unsafe they might slightly adjust the poses to make them their own.

Star Pose is our relaxation pose, try to get them to lie down with you for 2-5 minutes, you can read to them, play soft music to help pass the time.

Precautions:

Do not force baby's arms or legs into any poses, if the baby resists stop and try again later.

For very young babies make sure head and neck are supported.