

MOMMY & ME “HOW TO”

- Start class with a 8 minutes of open play to “get the crazies” out.
- Quick stretch (count to 5)
 - Arm circles
 - Arms front to back
 - Touch your toes
 - Standing straddle (left, right, center)
 - Butterfly
 - Sitting straddle
 - Pike
 - Tabletop
- Explain the station & demonstrate like you would for a preschool class.
- Show the parents how to help their child on things like rolls, bear crawl, cartwheel, etc.
- The parents need to do their best to keep their child on the station as their class to avoid being distractions to the other class.
- When you are on the trampoline station, be up on the tumble track or in the pit and help them get in and out of the pit. Teach them to climb to the wall to get out.
- The goal of mommy & me is to learn how to be in a structured class and prepare them for the preschool class on their own.