

calming cuddle

When you are ready gather your little ones up we are going to give them their calming cuddle.

We give our little one's a calming cuddle at the end of our sessions, it helps to calm their sensory systems down after a busy class.

So hold your little one towards you at a slight angle, one hand up round shoulders and backs, one hand gathering up bums and legs. We are going to give them a nice tight cuddle. We are using all of their sensory systems to calm them down, we are giving them lots of information about where their body is in space, they are getting a good sense of touch, they can see you, they can smell you, they can hear you, they can hear the music and we are going to rock them back and forward gently.

This is like being on a swing/rocking chair rather than bouncing, we are giving our little one's calming input through their balance system in their ear. Let's give our little one's a tight squeeze.

- gather your little ones up
- using our sensory systems to calm them down
- holding them towards you at a slight angle, one hand up round shoulders and backs, one hand gathering up bums and legs, giving them a nice tight squeeze.
- giving them a good sense of touch, lots of information about where their body is in space, they can see you, hear you, touch you, smell you and we are going to rock back and forward slowly
- rocking chair not bouncy castle