

rub, rub, rub

We start our class by giving our little ones a massage, starting off on their feet, working our way up to their heads. We start off on their feet with a rub, rub, rub, tap, tap, tap.

The reason that we are doing this is to give our little one's brains the same information through both sides of their bodies at the same time.

This is amazing for their co-ordination and also for their body scheme because our babies aren't born knowing where their body parts are so giving them regular reminders is amazing for their body to know where it is in space and children who have a good body scheme are more co-ordinated.

Let's get going....

Rub, Rub, Rub -

feet, knees, hips, chest and tummy, shoulders, hands and above hairline

Well done

The reason that we are doing this is to give our little one's brains the same information through both sides of their bodies at the same time so try to fit a little into your day, after a change or during a cuddle are amazing times.

Let's get some toys!



rub, rub, rub

- start by giving massage, we call it rub, rub, rub
- start off on feet, work way up to head, I'll talk you through it
- reason we do this is to give our baby's brain same info through both sides of their body at the same time
- amazing for co-ordination
- amazing for body scheme
- lets get going

- feet (7 reps)
- knees (4 reps)
- hips (4 reps)
- chest and tummy (4 reps)
- shoulders (4 reps)
- hands (4 reps)
- above hairline (4 reps)

well done, well done!

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