

calming cuddle

To end our session we are going to give our little ones a nice calming cuddle. Just in the same way we can do activities to excited our sensory systems we can also do activities that calm them down. Do this on your feet if you can because it is a much safer position for your body.

Hold your little one towards you, at a slight angle, (sitters will be happier being upright) pop one hand around backs and shoulders and the other gathering up bums and legs and give them a nice close cuddle.

(We demonstrate on a teddy bear)

Hold your little one is in nice and close to you so they can see you, hear you, smell you and feel you, and we are going to take one step forward and one step back in a rocking motion. Use your legs to create the motion forwards and backwards. Don't swing side to side, as that is hard on your back, especially with the weight of your baby in your arms and we don't bounce, bouncing is a stimulating movement and this cuddle is all about calming things down.

So let's take a step forward and take a step back and give our little ones a lovely calming cuddle after lots and lots of learning.