



DANCE CONCEPT: BODY PARTS

This week, we explored **Body Parts**! There are many things we can do with our body parts like wiggling fingers, shaking hands, flapping elbows and much more!

For babies, they are still learning to **differentiate themselves** from their caregivers, that they are a separate entity with their own body, limbs and feelings

So when we explore different body parts, **we are bringing awareness and attention to their body and its different parts**, which will help build a clear body image, a map of me, which is the ability to visualize where your body and each body part is in your mind

Once babies learn that they have a body and different body parts, they need to learn **HOW** to use it! By exploring body parts, we're teaching our children **HOW to use their body parts** for example learning to use their hands with more sophistication and control, how to climb with knees and feet, how to reach and tip and tilt with their upper body while maintaining balance

Once our children know how to use their bodies, they need to continue to **practice using their bodies** - the more they use their bodies in a variety of ways, the more automatic movement becomes, and the more they'll be able to trust their bodies and develop self-confidence.

Once our children are able to use their bodies confidently and automatically, their brain is freed up for higher level learning!

The Brain Bulletin attached is "The ABCs of Children's Needs", a great reminder for us parents that our children's needs are pretty basic.



The ABC's of Children's Needs

From Sally Goddard Blythe's book: What Babies and Children Really Need

A is for Affection, Attachment, and Attention

B is for Bonding, Breast-feeding, and Balance

C is for Communication, Coordination, Consistency, Cherishing

D is for Developmental opportunity and Discipline

E is for Emotional, Education

F is for Fathers (or positive male role models), Fun

G is for Games, Gentleness

H is for Hugs, and having the safety, security and comfort of Home

I is for Interaction and Imagination

J is for Joy K is for Kindergarten

L is for Love, Laughter, Listening

M is for Mother (or positive female role models), Movement and Music in the early years

N is for Nourishment and Nurture

O is for Opportunity

P is for Play

Q is for Quantity and Quality of time spent together, Quietness, Quest

R is for Rough and tumble, Risk, Reading to your child

S is for Sensory experience, Space, Stability, Story-telling

T is for Touch, Time

U is for Understanding

V is for Values, Verity

W is for Wonderment

X is the hidden factor which makes every child different

Y is learning to be Yourself

Z is for Zest and Zeal for life