



*"Nurturing children
and parents together"*

Toddler Yoga Instructor Training Manual

Welcome to Bibble & Bubble's Toddler Yoga Training Manual

This guide has been designed to complement the course and should not be used as stand alone training.

Introduction

Toddler Yoga is an advanced form of baby yoga designed for crawlers to toddlers up to three years of age.

As teachers of baby yoga we are aware of how our classes build strong secure attachments between mum and baby and our toddler classes are an extension of this.

Classes have a simple format which gives active little ones the chance to be independent and begin to enjoy yoga on an independent level.

Parents enjoy the classes as we continue to create strong bonds at a time when parents see that their babies are now crawling and are becoming very busy and interested in exploring their surroundings.

Classes include lots of activities that engage little ones and bring a lovely smile to both parents and children but also help to benefit their development.

We, as teachers, have to be aware of the need to explore and the need to move and be active and because of this it is important to use lots of songs and strong facial expressions in our classes.

Toddlers of this age are great fun and it's amazing to watch them change over a matter of weeks in the classes. Toddlers watch and learn so they often copy their mothers' movements and actions as teachers encourage parents to really get involved.

Yoga is also about developing at your own pace so it is important to help parents understand that we are all different and we all develop at different times and different levels.



Bibble&Bubble also focus on language development and providing clear, simple instructions. This also helps parents to understand how their little ones learn to talk and how simple songs and sequences can help communication and language. This can help parents to understand their children and for the children to understand their parents.

Bibble & Bubble are different from other yoga classes as we do not use loud music. We encourage parents to do the communicating and this can really help behaviour at home.

Classes help parents have that special relationship even when they think that their babies are growing up and not interested in engaging any more.

Considerations when teaching this age group

When teaching yoga to children it is important to consider how their bodies differ from adults. Their bones are softer, more pliable and still developing. The muscles, tendons and ligaments are still growing.

Whilst toddlers and children may appear very flexible it is important to remember that we should not hold postures too long or over stretch their bodies and that they are going through massive changes developmentally.



The lower Limb

Due to the fold position in the uterus, children are normally born bow-legged and this increases until the age of 18 months. Children's legs then begin to straighten on their own.

Three and four year olds have knees which angle inwards.

This bow-legged appearance will usually begin to straighten by age six and children up to this age may be flat footed.

The upper body

It is worth bearing in mind that shoulder instability is an issue in children of this age and especially girls. Things to be avoided are extensions and weight bearing exercises.

The neck is also very vulnerable so it is important not to hold stretches or encourage head stands or any sort of back bends etc.

Wrists and fingers

Bones in children are very soft and have not yet fully formed. Bones are further apart. Ligaments are more elastic and again it is important not to use exercises that put pressure on the forearm and wrists.

Yoga and exercise for children can shape a child's future. Research has been conducted showing that regular exercise as a child can lessen the risk of osteoporosis in later life.



Benign hypermobility

Hypermobility is clear in children who seem over bendy! It is important for you as a teacher to watch out for this and promote exercises which help with strength and stability (e.g. balances, mountain pose).

How can Yoga help?

Gross motor skills can be helped by the sequencing of movements and poses. Activities that can help develop gross motor skills are throwing, catching, skipping, balance, parachute games and scarf games.

Fine motor skills

Small skilled movements can be helped with hand and feet exercises; wiggling toes and wiggling fingers.

Yoga and the skeletal system

It is so important, as mentioned above, that your classes are soft and fun and that no pressure is ever put on little ones' bones as they are still developing.

Toddler Yoga Moves



Butterfly



Touching Nose



Touching toes & stretch
"up to the sky and down to the sea"



Stepping stones & balances



Tree Pose

(can be supported by parents)

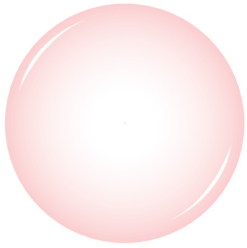


Mountain pose & jumping



Swings

From 8 months always use banister hold for swings but with 15-18 months this can be used and children will love the movement. Encourage parents to bend their knees and use their breath. For Butterfly swings (right) make sure ankles are in line with hips and arms are under child's arms.



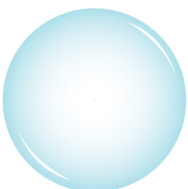
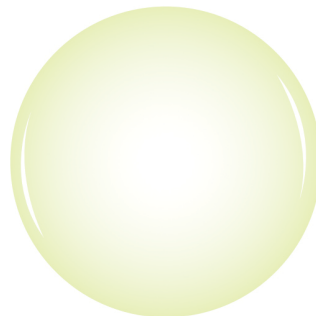
Legs climbing up the wall
(tummy exercise)



Walking in the rain



Core strength building



Parent stretch - child's pose

Activities

This age group are gaining balance and co-ordination and fine and gross motor skills so it's important to include balances and jumping within your sessions. It's also important to repeat sequences and exercises as babies and toddlers should do things three times for them to engage in an activity.

Include games in which parents crawl and come down to their children's level. We welcome the most active of toddlers to our classes.

We must always make sure we never encourage toddlers to stretch too far. It is important to make movements playful and fun.

As a teacher you must show parents the movements and then help parents to use the techniques with their children.

Safety is a priority and it is very important that you do not encourage or allow your class to get out of control.

Class size is important. 8 parents and toddlers is the optimum. Each class should last 40 minutes.

Breathing Activities

Children of this age are able to copy animal sounds and often sounds are made before words are formed so this can be used to encourage breathing and always remind them that breathing is our special friend and is something special.

Encourage parents to breath with a sound so their children are aware of the breath.

The Bee Hive is great to encourage simple breathing sounds (Buzzing)

Scarf play, parents blowing a scarf towards their toddler.

Blowing bubbles can also be a clever way of simply showing what are breath can do but always be fun in your approach.

Roaring like a lion is also a fun way with little ones and is a very important part of your classes.

Props to use in class

It's important when using props to make sure that they do not have any sharp edges and are safe if a child puts them in their mouth etc

Blocks can be good for balancing and jumping and **cushions** are good to use for relaxation and relaxed social time.

Scarves are excellent for peek-a-boo: can be used for stretching or as a support under the armpits or around the waist for some postures. Blowing scarves can help children understand about their own breathing and they can be fun to make patterns and shapes.

Balls can help children to reach and develop co-ordination. Older children can play "catch" and younger ones can begin with rolling.

Bells are a great way to start and finish your classes and the children love them.

Bubbles can be used during relaxation if you are concerned that the class may be too hectic but encourage children to always lie or sit down and put them away if children go too wild for them!

Songs

"Crawling, Crawling
Crawling, crawling
Have a stretch, have a stretch.
Rolling, rolling
Have a rest Have a rest!!"

Walking Walking
Hop, Hop, Hop
Running, running, running.
Did you stop!"

"The runaway train went down the track"

"The wheels on the bus"

"If you're happy and you know it"

"Clap your feet, roll your legs, touch your nose, touch your toes"



Toddler Safety & Class Management

We have to be aware of safety at all times when teaching this age group as little ones are not steady on their feet and can be prone to tripping and falling.

The room you teach in has to be clear of any steps, plugs, open windows, wires and any bags and straps. It is important that parents put bags and shoes in an area away from the class.

Parents must remove socks and shoes and dress their children appropriately for a yoga class.

Parents must be responsible for their children at all times and they must also make sure that their children do not run and cause the class to become out of control.

Be clear on class rules and how you want the class to run. Do remind parents not to allow their child to eat whilst participating in the class as this can cause a child to choke and another child to slip on things left on the floor.





Bibble&Bubble Toddler Course

Safety Notice for all Parents

You are requested NOT to bring food or drink to any toddler or pre-school classes. The children in these sessions are very active and there may be a risk of choking if they are doing yoga and eating at the same time. Food can be available at the end of each session.

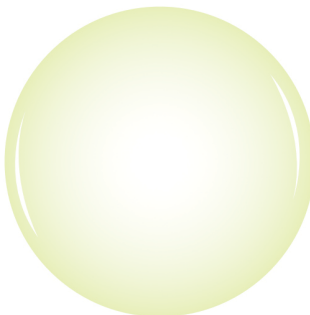
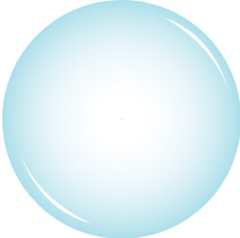
Similarly, please don't bring toys into these classes as they cause unnecessary distraction and it can be distressing for some children who have something special that they do not want others to touch (e.g. Buggies, Bikes)



Remember to remove socks or tights as your child may slip on the floor if they do not have bare feet.

Whilst Bibble&Bubble does not believe that children should be forced to participate in the yoga class, we do ask that you ensure that your child's behaviour is such that they are not causing a danger to themselves or any other child during the session. It is perfectly acceptable for your child to sit and watch or to crawl and sit away from the group activity. However if they are running around and making a lot of noise which prevents the instructor being heard this can become hazardous. In these circumstances it is requested that you take your child out of the room for a short while so they can calm down and you are then welcome to return to the class. Experience shows that children of this age learn very quickly and it is unlikely that you will need to remove your child for more than a couple of times before they understand that it is not acceptable.

Thank you for reading this and I hope this will make for very happy and fun yoga sessions with Bibble&Bubble.



Lesson plans

A range of lesson plan examples for you to develop into your own style.

Objectives

Parents will learn the correct holds and swings and hip sequences with their babies and learn why and how they benefit their babies.

Aims

To help parents feel relaxed and content in the handling of their babies and to understand why babies enjoy movement so much.

Taster Session

Timing	Action	Direction/song	Notes
10 mins	Introduction Safety Mummy moment Massage Symbols	Stretchy stretchy “If your happy and you know it” massage tummy, head, arms and legs. Roll your legs with parents	Remind about breathing and safety
10 mins	Shake the sillies out, clap the crazies out and jump the jitters out Good Morning Open close them!	Standing forward bend or sitting forward bend	Toddlers like repetition and this helps them to recognise signs to relax
5 mins	Butterfly song and swing or on parents laps “Engine Engine”	“Fly like a butterfly, fly like a butterfly and now lift high into the sky”	Reinforce the importance of posture and communication with your toddler
10 mins	Half kneeling (horsey horsey) Drops Humpty Dumpty on parents knees (inversion) Parents dog down and children crawl around Walking in the rain		
10 mins	Bee hive relaxation Tea and coffee		
10 mins	Relaxation		

Lesson Plan 1

Timing	Action	Direction/song	Notes
10 mins	Hello song Introduction Safety Mummy moment Massage your tummy, head, rub legs and feet Parents breathing and loosening stretches Symbols	Stretchy stretchy “If your happy and you know it” Massage Tummy, Head, Arms and legs	Remind about breathing and safety
10 mins	Roll your legs like me Clap your feet clap your hands, be a butterfly Open close them	Standing forward bend or sitting forward bend.	Toddlers like repetition and this helps them to recognise signs to relax.
5 mins	Tick tock song “The run away train riding down your mat” Humpty Dumpty on knees Fireman's lift Parent's giant foot steps (give alternatives for age groups) Dog tunnel Relaxation start with scarves	Parents always bending knees to protect back Sitting in a circle Children follow in a line and parents model to toddlers, jumping off the end with parents lift Parents engaging tummy muscles to protect back, and older ones following mummy	Reinforce the importance of posture and communication with your toddler.
10 mins	Scarves Juice and biscuits		
10 mins	Relaxation		

Lesson Plan 2

Timing	Action	Direction/song	Notes
10 mins	Introduction Safety Mummy moment Massage Symbols Parents stretches	Stretchy stretchy "If your happy and you know it" massage tummy, head, arms and legs. Roll your legs with parents	Remind about breathing and safety
10 mins	Roll your legs like mummy, clap your feet like mummy and touch your nose "Up to the heavens and down to the see tickle your tummy and jump one two three" Row row your boat Rock rock your boat Horsey horsey Fireman's inversion Open close them Tick tock song		Toddlers like repetition and this helps them to recognise signs to relax
10 mins	Sitting and tractor song Humpty Dumpty Parents cat stretch and open stretch Stepping stones with jump Walking in the rain I can see a rainbow	Different age groups	Reinforce the importance of posture and communication with your toddler
5 mins	Beehive and relaxation		
10 mins	Relaxation		

Lesson Plan 3

Timing	Action	Direction/song	Notes
10 mins	Introduction Safety Mummy moment Massage Symbols	Stretchy stretchy “If your happy and you know it” massage tummy, head, arms and legs.	Remind about breathing and safety
10 mins	Roll your legs like me Stretching up to the heavens and down to the sea, tickle your tummy just like me, Babies parents help!	Standing forward bend or sitting forward bend.	Toddlers like repetition and this helps them to recognise signs to relax.
5 mins	Ball game and rolling to each other. “The run away train riding down your mat”	“Fly like a butterfly, fly like a butterfly and now lift high into the sky”	Reinforce the importance of posture and communication with your toddler.
10 mins	Tick tock song Fireman's inversion Hickory dickory dock standing taylor pose Parents dog down and children crawl around. Open close them		
10 mins	Block jumping		
5 mins	Relaxation		

Lesson Plan 4

Timing	Action	Direction/song	Notes
10 mins	Introduction Safety Mummy moment Massage Symbols	Stretchy stretchy “If your happy and you know it” massage tummy, head, arms and legs. Roll your legs with parents	Remind about breathing and safety
10 mins	Good morning everybody Stretching up to the heavens and down to the sea tickle your tummy and jump like me Parents wiggling toes and fingers Roll your legs like me	Standing forward bend or sitting forward bend.	Toddlers like repetition and this helps them to recognise signs to relax
5 mins	Side stretch song and parent twist looking at others. Zoom zoom to the moon with jump Tree pose in circle Stretch over parents back Humpty Dumpty song Cat stretch Rocking backwards		Reinforce the importance of posture and communication with your toddler
10 mins	Stepping stones “I hear thunder on tummy”		
10 mins	Relaxation		

Example of registration form

For more form and policy examples, please visit your
online Teacher Resources

Telephone Number:

Which course are you booking for

Address:

Date of birth:

Baby's name:

Date of birth:

Weight at birth:

Doctor's name:

Doctor's address:

Phone:

Please list briefly any medical problems you had during pregnancy (include high blood pressure, back pain etc)

Please write a short description of your labour (include pain relief used, medical intervention etc).

Are you or your baby presently on any medication (please give details)?

Did your baby require any special care (please give details)?

Does your baby have any medical condition I should be aware of?

Do you feel you have suffered depression since the birth of your baby?

Is there any further information you would like to make me aware of?

I take full responsibility over the health of my baby & myself in the yoga sessions and should there be any medical change I will consult my yoga teacher.

Signed

Date

A photograph of a woman with blonde hair and a young girl with blonde hair, both smiling and laughing. The woman is holding the girl. They are outdoors, with green foliage in the background.

About Owner & Founder of Bibble & Bubble, Megan...

Megan has vast experience in the field of baby and child development and is a specialist in her area. Her work with families, babies and children began when she was just 16 years old and has since gained many qualifications and gained invaluable experience. In London, Megan worked with school aged mothers from pupil referral units, some as young as 13 years old and were victims of rape and domestic violence and spent time setting up groups for new parents in partnership with 'Sure Start' in South London.

One of Megan's most life changing experiences was working with a 14 year old refugee with no family, no support and with the reality of entering motherhood in a strange country. Helping this mother really ignited Megan's passion for helping and supporting others. It was inspiring to see how someone with so little was able to support her baby and fight against the most traumatic situation. I was privileged to be a part of this mothers life and to help her to bond with her new baby and will be something I'll remember for ever. Touch and relaxation was such an important tool in this situation and this is where my idea to start Bibble & Bubble began.

www.bibblebubble.com

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