

Baby Yoga Teaching Points



*Nurturing babies
and parents together*



Welcome to Bibble & Bubble's Baby Yoga Teaching Points

This guide has been designed to complement your teacher teaching course.

Begin Relaxation

Start your session by asking baby if they would like a massage and make sure that baby is happy and relaxed before beginning the massage.

Always start the massage with a full body stroke from the chest to the feet and repeat this four times alternating side to enable the baby to relax and uncurl.



Take the baby's leg and gently bob it gently up and down to relax the leg. Then, gently take the baby's leg, hand over hand through your 'well oiled' hands using a firm but relaxed grip around the leg using palms and fingers. It's important to start with one hand before introducing both hands.

Gently rest the ankle in your inside hand and with your outside hand, massage the thigh while spreading the fingers and using the palm.

Follow through hand over hand down the whole leg but as you finish at the ankle, gently glide the thumb up and over the knee and gently massage the top of the leg using gentle circles, repeat this four times. This stimulates the circulations of blood and lymph to the baby's legs and feet, relaxing the legs and encouraging movement.



Hip Sequences



Knees to chest.

It's important to never put any pressure on any joints so make sure you are always gently holding above the ankle and below the knee and gentle guide knees to a babies chest, this is great for digestions and releasing wind. This movement should be performed four times.



Marching.

This movement is fantastic for relieving wind but remember to guide the knees without forcing the movement and remember why you are doing it; to relieve wind and discomfort from constipation.



Butterfly.

Bring the babies feet into a butterfly position just above the groin and place gentle pressure down towards the groin to activate the digestive tract.



Butterfly and roll.

From butterfly position, support the lower back and gentle roll the hips in a clockwise direction as this helps to massage the tummy and release constipation.



Acrobatic lotus.

This is a hip flexibility technique and should only be done with babies over 16 weeks of age and only if the baby allows. Bring the foot across the opposite foot and extend across the body and repeat on each side.



Half lotus.

It's important to be guided by a baby with this movement but the aim is to gently bring the heel to the opposite thigh and release and then alternate moves, this aids in hip flexibility and is a great way to help babies understand where their feet are.



Butterfly to plough.

This movement releases wind and aligns both the spine and relaxes the shoulders but babies should roll up and never have weight put on the neck or head, so as a teacher you must teach this movement correctly and in a progressive way.



Lift and stretch.

This again is a good winding exercise and relaxes the shoulders. The baby should only come to be on the upper back and never on to the neck or head.



Basket hold.

Bring butterfly feet to hands which supports co-ordination.



Basket hold and roll.

This technique encourages rolling and co-ordination. The baby should be twelve weeks old for this sequence.

Tummy Time



Bannister hold.

This allows the baby added support whilst in a tummy time position and supports the head and neck.



Supportive tummy time.

Bring the parent to a sitting position with one knee elevated and bring the baby to lie up the leg as this will encourage the baby to align the spine and is good if a baby holds the neck to one side. this technique can progress as the baby gets older and stronger.



Bannister hold swing.

This is a lovely supported swing using the bannister hold and allowing the baby to gently swing as the parent is in a wide stretch forward bend, this should only be done if the parent is strong and feels supported.



This is a lovely supportive movement which encourages tummy time but adds support with the parent's legs. The baby should be positioned correctly with arms forward and chest on the thigh so all airways are clear.



Tummy time seesaw.
This technique offers a lovely gentle back stretch for the baby and should be done using the parents legs as support but parents are then encouraged to elevate one leg and the other to allow the baby a soft gentle movement.

Parent Stretches



Bannister hold from standing.
Parents should be encouraged to focus on their posture and breath and to think about a good mountain pose so strong and tall posture and babies should be on the parents hip as it's important to distribute weight and babies are not as heavy on a parent's hip.



Balance with baby.
This is a balance and this can be used to tone the lower abdominal muscles and to encourage strength and alignment (contraindication is that parents should be watched as balance can be difficult postnatally and should only be encouraged from 12 weeks.



Lunge with baby.
This is a small gentle lunge with the baby and should only be done if you feel confident in your teaching and practice yoga yourself as parents postnatally must not over stretch their lower abdominals.



Child pose with baby.
This is a lovely restorative yoga pose and great for creating energy within the body and allowing the spine to stretch, this yoga stretch can also be used as a game with the baby.



Cat pose.
This is a lovely pose to strengthen the spine but it is important that a parents posture is correct with arms underneath the shoulders, knees underneath the hips and a flat back.



Cat stretch with leg extensions.
This yoga pose is great for toning the core muscles & strengthening the spine. Parents should come into a table top or cat pose and if they feel balanced and stable, be asked to push one leg out behind them and push the heel away which can offer a lovely calm muscle stretch and then if the parent chooses, they can lift the leg which should create a straight line from the spine.



The opening of the chest and soft postural stretches are key for the postnatal body. This is a small gentle lunge with the baby and should only be done if you feel confident in your teaching and practice yoga yourself as parents postnatally must not over stretch their lower abdominals.

Crossing the arms and a crossing of the legs begins to tone the lower abdominals and is fantastic for lower abdominal separation.

Arm Exercises



Hand to foot.

This movement encourages a lovely opening of the body but the movement should be playful and progressive. Remember the foot should come into the half lotus to meet the hand and movements should never be forced.

Opposite hand to foot.

This is a fantastic co-ordination sequence and also crossed the midline of the body which is important for both babies and children as it helps work both sides of the brain and helps with processing.



Binding (arm and foot binding).

This is a lovely movement to create security and to bring the baby back to a cradle sequence which supports the above movements and is again good for co-ordination.

Brain circles.

Gently circle the arm and foot and this again is good for brain development and co-ordination.

Cuddle and binding.

This technique helps the body to relax and supports the baby from reflex to voluntary movements and should always be done after the opening sequences as above.



Wide star.

This wide star side release for the chest and arms opens up the chest and encourages relaxation.



Windscreen stretch.

This helps the baby to relax within the chest and again supports co-ordination.

Balances



See saw balance.

Bring the baby to the outside of the parents thigh so that the baby is sitting upright. A six week old baby should be fully supported and should not do the see saw balance until they are 10 weeks of age.

The balance helps both the vestibular system and aims to encourage balance and self regulation. Parents should bring the baby backwards and forward gently to enable the baby to gain balance for future standing. Babies should only be encouraged to stand when they are over six months & stand on flat feet with the support of the parent's legs.



Chest Opening.

This is a chest opening stretch and can be done when babies are over four months to encourage a lovely opening stretch which babies love.



Secure relaxed hold.

This is a lovely simple hold which allows gentle pressure on the tummy which is great for babies who are a bit unsettled.



Butterfly toes from sitting.

Parents can sit on their knees or with legs out in front and bring their arms under their babies arms so that the baby is sitting up right and this will bring up and release any wind. Bring the feet into a butterfly pose just above the groin and allow the older babies to look at their feet. This position is fantastic for allowing the baby to gain strength in their core and supports the natural formation on the hips (frog support).



Butterfly toes to rolling legs.

This is a lovely exercise for co-ordination and also looks at releasing wind.



Clap and wind technique.

Allow babies to sit on parents legs or knees and encourage parents to bring arms under babies arms and then gentle clap hands and move in a gentle circle as this will help any wind exit and can sometimes bring up a little bit of sick. This is great to support babies with colic and reflux.



Bannister hold and gentle twist.

Encourage parents to support the baby in a bannister hold and then gentle move baby from opposite sides as this can be a soothing motion for babies and often stops a baby from crying.



Cradle up.

This encourages movement and is a settling technique which encourages sleep and bonding. Parents need to support the babies head and neck and bottom as they cradle the baby up and down.

Holds



Bannister hold.
This is a hold used often in yoga and is also referred to as a safety hold.



Tummy time hold.
This hold is a great way of encouraging tummy time in a very supported way and is just as easy as the banister hold but just allowing the baby to lay on their tummy and not upright.



High shoulder hold. This is a lovely hold for babies' to stretch over their parent's shoulder and for parents to have a rest as this area of the body does not feel your babies' weight.

Swings



Swings and dips are really beneficial for babies and can aid in balance and co-ordination and tummy time.

The following swings and dips will be taught in training and it is important that movements are always slow and controlled and are performed with babies from 12 weeks of age.

Swings can be very beneficial for stimulating the vestibular system and can also settle an unsettled baby.



For more training support and live demonstration videos, please visit the Teacher Resources section of the training website.

**More Teacher Training Programmes
available with Megan De Kok...**

- Baby Massage Instructor Course -
- Baby Yoga Instructor Course -
- Toddler Yoga Instructor Course -
- Kids Yoga & Mindfulness Instructor Course -
- Refresher Courses also available -

We are also pleased to offer self-paced online learning courses, all with the same personal support from Megan.

Please visit **www.bibblebubble.com** for more information on my Teacher Training and to book your place on a course.

If you have any questions, please email
megan@bibblebubble.com

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 the idea to start Bibble & Bubble began.