

District of Parry Sound Best Start Network

Month 3: YOGA Introduction

Objectives of this month:

1. Caregivers will learn the benefits of babies and children practicing yoga.
2. Caregivers will learn fun and easy ways of incorporating yoga poses into their environments.
3. Children will feel the physical, emotional, and mental benefits of practicing yoga poses.
4. Children will learn to identify and imitate yoga poses that they see in their natural settings every day.

The Benefits of Children Practicing Yoga:

- Improves the quality and quantity of their sleep
- Improves digestion and eases gas pain
- Can turn fussiness into happiness
- Promotes a healthy, physically fit lifestyle
- Strengthens the parent-child bond
- Increases neuromuscular development
- Cultivates self-esteem and a positive body image
- Boosts the immune system
- Reduces stress and develops relaxation techniques
- Reduces anxiety
- Increases body awareness
- Aids in the natural development of movement

Yoga is natural for babies and children. However, the natural movement babies need to experience is being reduced with the overuse of confining baby-holding devices, such as infant car seats, walkers, seated activity centres and strollers.