



TOT “N” BUDDY

General Information

All of a sudden your toddler is on the move ... crawling, walking and running in every direction at once. The Tot 'n' Buddy Class provides a creative, safe, play environment which allows toddlers to make choices and achieve successes. Your instructor will show you how to work with your toddler to learn the safe way to achieve new skills and play. For safety sake and the success of your child, please do not stand and talk with other parents during class. Give your child your undivided attention. You will be glad you did! Through exercise you can teach your child to use his/her body effectively and to have more control while racing from one new experience to the next. Your toddler will become not only stronger, but more confident and coordinated as well.

This is a time for you and your child to play and learn together. Your child's enjoyment and level of success will be directly related to your participation in all activities. Encourage your child by *doing the* activity with him, if possible, rather than just *telling* him to do it. This will make it fun for both of you. Children at this age sometimes follow directions, but often will not. Let your child make his own decisions and take his own time when attempting skills. Be sure to ask questions if you are unsure about how something should be done or if you just need additional information!

It is important to realize that each child develops at his/her own pace. Do not compare your toddler's skills and abilities with other children. Instead, look for and praise each accomplishment your child makes. Your child's imagination and self-confidence will be greatly enhanced.

Different types of exercise and equipment can be used for motor skill, or muscle movement, development. Your child will be developing rolling, crawling, balance, tossing, jumping, exploring and climbing skills and develop strength and coordination in the process. As your toddler becomes more confident we will begin elementary tumbling skills. He will be using a variety of equipment including, but not limited to, mats, balance beam, steps, tunnels, balls and a swing bar.

Your Instructor is committed to providing each child with an atmosphere that nurtures their *success*. We strive to help instill the self-esteem, awareness, confidence and social skills it takes to develop a strong self-image that stays with them throughout life! We believe that each moment spent with a child is an opportunity to help a child grow to reach their greatest potential.

Developing Youth and Creating Community

What to expect...

Each class will consist of the following areas:

warm-ups/stretching/social time
new skill instruction
free gym time
games/parachute
cleanup/stamps/good-byes

Each week will have an activity theme:

- Week 1 Orientation and "Getting to Know Each Other"
 Informal evaluations: physical, cognitive and emotional
 Ice breaker
 Games and activities
- Week 2 Balance skills, awareness activities
- Week 3 Eye-hand coordination
- Week 4 Upper body strength
- Week 5 Rolling along
- Week 6 Lower body strength
- Week 7 Locomotor activities
- Week 8 Jump for joy
- Week 9 Body part awareness
- Week 10 Evaluation and problem solving

Note: Activity themes may change according to the needs of the class.