

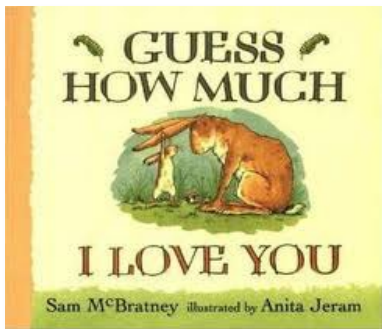
Dance with me

Let's play and talk together

- ❖ Put on some music that you enjoy.
- ❖ Hold and cuddle your baby while you sway to the music.
- ❖ Dance in circles and change directions.
- ❖ Talk with your child about what you see around you.
- ❖ Talk about how it feels to move in different ways.
- ❖ Cuddle and kiss your child as you move together.



A good read-together book



Guess How Much I Love You by Sam McBratney

You will need an open space for dancing and a way to make music.

This activity is good for connecting with your child and showing your child how to move to music.

Hints for success

- ❖ Play different types of music and see what your young child seems to enjoy most.
- ❖ Smile, laugh, sing or rock gently with your child while dancing.



Ways to say it

More ideas for Dance with me

Try this way

- ❖ Hum or sing a favourite song rather than using recorded music.
- ❖ When baby is sleepy or upset, turn down the lights or close the curtains. Choose a soothing lullaby or a relaxing song to play while you are dancing and cuddling together.
- ❖ When your child is awake and active, keep the room bright and play fun music with a fast tempo. Songs with many words and rhymes are especially good.
- ❖ Bring an older infant or toddler into the middle of the floor and turn on the music. Encourage your child to dance in his or her own way, letting the music be the guide. Continue dancing to different kinds of music, making up dances as you go.

Book links

Barn Dance by Bill Martin Jr.

Good Night Moon by Margaret Wise Brown



The baby's dance

Dance, little baby, dance up high:
Never mind, baby, mother is by;
Crow and caper, caper and crow,
There, little baby, there you go;
Up to the ceiling, down to the ground,
Backwards and forwards, round and round:
Then dance, little baby, and mother shall sing,
While the gay merry coral goes
ding-a-ding, ding.

Ann Taylor

Safety tips

- If your baby is only a few months old, dance slowly. Make sure that baby's neck is supported, especially when you make circle movements.
- Make sure the floor isn't too slick. You may want your toddler to dance in bare feet to avoid slipping.