

DIRECTION FOR BABIES AND CAREGIVERS

Ages: 2 months to prewalking

Music suggestions are from *Music for Creative Dance (MCD)* Volumes 1, 2, 3, and 4 and *BrainDance Music* by Eric Chappelle.

Length

45 to 60 minutes

Warming Up

For more information, refer to Warming Up in chapter 4.

Quick Warm-Up: “Waltz in self-space and general space holding the baby in different positions. Swing, sway, and turn forward and back, right and left, and up and down.” *Suggested music: MCD Vol. 3, #18.*

BrainDance: Caregiver moves baby gently through simple exercises, gently moving the baby’s arms then legs, right side then left side, and finally right arm then left leg and left arm then right leg. Exercises are done with the baby on its back, side, and front surfaces. *Suggested music: BrainDance Music, #17-26, or caregiver may recite nursery rhymes.*

Exploring the Concept

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A caregiver–baby pair faces another caregiver–baby pair. Caregivers clap (connect) babies’ hands or feet together, moving them forward and backward. They move babies up and down and side to side, mirroring directions. After the pause in the music, caregivers dance away in a cued direction (forward, backward, right, etc.). Pairs alternate between connecting with a partner and dancing alone with baby. *Suggested music: MCD Vol. 3, #2.*

Instruments

1. Each caregiver places a baby on the floor in prone or supine (lying faceup) position. Keeping a steady pulse, the caregiver plays instruments in front of, above, and to the side of the baby. Caregivers can also tap instruments gently on babies. Babies may hold instruments and mouth instruments. Make sure you have ba-

by-safe instruments (BPA-free plastic rhythm sticks, enclosed bells, and small, sturdy rattles or shakers). *Suggested music: MCD Vol. 3, #9.*

2. Babies sitting on caregivers’ laps are gently bounced up and down when music plays at 4/4 meter, then rocked side to side when music plays at 3/4 meter. Caregivers and babies continue to play or hold instruments. *Suggested music: MCD Vol. 3, #4.*

Developing Skills

Adult BrainDance (Optional for a 45-Minute Class)

Under your direction, caregivers perform the BrainDance (chapter 4) sitting on the floor next to babies. Babies continue to play with instruments and each other. *Suggested music: MCD Vol. 3, #20.*

16 Counts

Caregivers hold babies while performing a simple circle dance with various movements in different directions. “Circle 16 counts sliding or stepping right, 16 counts sliding or stepping left, move forward 16 counts (coming together to meet in the middle), move backward (away) 16 counts, turn with baby to the left 16 counts and to the right 16 counts, move together 16 counts and apart 16 counts.” Repeat the sequence until the end of the music. *Suggested music: MCD Vol. 3, #19.*

Creating

Sensory Play

Caregivers and babies play various games with large scarves. “With the baby supine on the floor, lift a scarf up and down over the baby. Place the baby on the scarf, and pull the baby gently forward and backward through space. Play peekaboo under the scarf.” *Suggested music: MCD Vol. 3, #7.*

Cooling Down

For more information, refer to Cooling Down in chapter 4.

Relaxation: Caregivers lie quietly with babies, breathing deeply and slowly while stroking or gently massaging them. Caregivers might also feed babies or socialize.