

## Creative Movement for Babies: ENERGY Sharp and Smooth

Fun and easy take-home ideas!

### SONG!

Tick tock, tick tock, I'm a little cuckoo clock.

Tick tock, tick tock, I'm a little cuckoo clock.

Tick tock, tick tock, I'm a little cuckoo clock.

Tick tock, tick tock, now I'm striking one o'clock!

(rock and sway and then POP up when the clock strikes. Repeat around-the-clock.)

### EXPLORE!

*Use movement to enhance your baby's linguistic and aural skills:*

*Move in new ways with your baby as you say the words "float, stretch, press, flick, melt, dab, sway" and more!*

### FINGER RHYME!

This is the way I clap my hands, clap my hands, clap my hands.

This is the way I clap my hands so early in the morning.

This is the way I stomp my feet...

This is the way I wave my arms...

This is the way I poke my fingers...

*(continue to play with different ways of moving sharply and smoothly.)*

### TUMMY TIME!

*Blow bubbles for baby as you sing:*

One little, two little, three little bubbles.

Four little, five little, six little bubbles.

Seven little, eight little, nine little bubbles.

Ten little bubbles in the air.

Now let's POP pop pop those bubbles,

Now let's POP pop pop those bubbles,

Now let's POP pop pop those bubbles,

Pop them in the air.

homemade bubble recipe:  
1/4 c. non-toxic liquid detergent  
1 cup water

Developmental tidbit: In the first 6 months of life, your baby is working hard to make 25% of the neural connections s/he will have for a lifetime! By 12 months, your baby's brain will be 50% of its full adult size. By age two, your child will have made 75% of the "circuit connections" among the many millions of neurons that control everything in his body from temperature regulation, cognition, emotional and psychological integration and physical abilities. Many early childhood experts agree that in the first two years, kinesthetic experiences should make up the bulk of learning, as movement supports linguistic, spatial, mathematical, musical and emotional understanding.