

PARENT/TOT GYMNASTICS

Welcome to Parent/Tot Gymnastics! This is a special time for you and your child to enjoy together. The first purpose of the class is to introduce the gym and the equipment to the children so that they can become familiar with it. In doing so, we will teach and reinforce the safety rules in the gym environment and importance on spotting correctly. The class will also expose the children, many of them for the first time, to a group activity, with all of its repercussions: taking turns, waiting in line, appreciating the successes of others, etc.

The relaxed, yet structured, environment will give the children the security to learn what their bodies can do, to overcome fears, and to enjoy the success time with a very special adult: you. The class structure is the same every time we meet. We begin by doing an activity to get everyone moving, after that we move on by doing stretches and learning/reviewing positions. We use manipulatives, such as lummi sticks, hula-hoops, jump ropes, bean bags, balls and the parachute. We also will get into talking about colors, shapes, letters, numbers, fine and gross motor skills. The teacher then will explain to you all of the stations we have set up on the floor as well as the equipment for that particular class. You will be free to move to the stations your child chooses to do. Hopefully, you will try all of them. Undoubtedly, your child will have a favorite, which he or she will want to do more than once. Let your child follow his or her own interests. Your job is to both be a teacher and a playmate to your child. Please encourage, guide, and praise him/her. Remember, not all children are ready to try something at the same time. Acknowledging a fear is the first step to working through it.

Please wear comfortable, loose-fitting clothes. You do not have to do all the exercises with your child when we stretch out, but some of you may choose to do so, and that's just fine. Many of the children respond better and participate more fully when you do things with them. Many react positively to simple guidance and instruction from you. You know your child best. We want your child to be comfortable and we want you to be comfortable, too. When your child moves to the equipment, please move with them and encourage them to take turns, and move safely on the equipment. You must also be a spotter, especially when your child is on the high equipment, so that your child is safe and secure. Please be aware of where your child is at, at all times. Remind him/her, if necessary, of what the group is going at that moment and encourage them to join back in. The gym is full of temptations to the little ones and we need to watch them carefully. We look forward to our time together. If you have any questions at any time please give us a call.

Thank you!

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