











Growing Together

...one step at a time



Why should I dance with my baby?

Because Babies are born to DANCE!

-  At just one day old, your baby already has a strong sense of rhythm and is sensitive to pitch and melody.
-  Your baby's brain will double in size during the first 12 months of life and is built on demand through daily sensorimotor experiences like dancing.
-  The movement your baby experiences while dancing together with you grows robust neural connections as does moving and exploring his body in a safe, unrestricted area.
-  Tummy and floor time provide optimal exercise for both body and brain because it helps your baby discover their amazing (and entertaining!) body parts as well growing the neural pathways in the brain.
-  The stimulation your baby receives while dancing together helps the development of muscle tone, spacial and body awareness, vision, hearing and touch as your baby is moved gently through different positions.
-  Dancing together stimulates the very special nerve endings called vestibular receptors. The vestibular (balance) system is centered in the inner ear and almost any movement will stimulate the brain via these nerve endings.
-  The vestibular system is essential for the development of good balance, coordination and posture as your baby finds their way from laying down low on the floor, through their middle level to crawling, and all the way up to standing, cruising, waddling, and walking!
-  Dancing together helps calm your baby, helps her feel secure and creates many wonderful memories together!



GrowBabyGrow
CREATIVE DANCE FOR HAPPY FAMILIES

To learn more about GrowBabyGrow, Creative Dance for Happy Families, please visit www.growbabydance.com