

TIPS ON HOW TO USE



A GUIDE FOR PARENTS

By Doreen Bolhuis, creator
of GYMTRIX programs

6-9 months

Your baby is just beginning to be aware of the world and how his or her body works. Here are a few simple tips.

- Guide your baby slowly through the GYMTR!X movements. Hold baby gently.
- Make your time together fun!
- Your goal during this stage is to introduce the movements to your baby and help develop new movement patterns through repetition.
- Select just a few of the simple movements in Baby GYMTR!X to start. Your baby's movements will be awkward in the beginning, but he or she will become more proficient and develop new movement patterns with time.
- Each baby develops at an individual pace, so be patient and enjoy the learning process together.
- Consistency is key. This is a great time to bond through creative play and help your child develop a positive emotional association with physical movement and learning.

At 6-9 months babies begin to move into the naming stage, where he or she can point to and understand what things are by name. Teach your baby the word for each item you work with. Be sure to praise every effort and accomplishment.

10-13 months

Your baby has increased neuro-muscular development and you'll see more dramatic gains in body control and awareness. In this phase:

- Your baby becomes more proficient at the simple movements in Baby GYMTR!X, try some of the more challenging movements.
- Continue to encourage and praise your baby as you introduce new skills.
- Remember that the attention span of babies is very short, so introduce a new movement when your baby tires of one.
- Keep GYMTR!X sessions short. You can space GYMTR!X activities throughout the day when your baby wants to be physically active.

At 10-13 months children begin to move into the describing stage. They want to tell you what they are doing. Be sure to use descriptive language when you play with your baby. "Can you grab the red ball or the blue sock?" The neuro-muscular patterns and connections in the baby's brain are developing at an amazing rate. The activities in GYMTR!X help maximize your baby's brain development for future academic learning.

14-18 months

Your baby may be walking and has developed increased independence. You see dramatic gains in comprehension, language and body control. At this stage:

- Baby is ready for the most challenging movements presented in Baby GYMTR!X and can do most of the movements on his or her own.
- Babies develop confidence and a positive self-image as they gain skills and independence.
- "Look what you can do!" and, "You are doing it all by yourself!", are comments that encourage pride in accomplishment.
- Your baby is developing the ability to anticipate outcomes based on past experiences. It's important to use conceptual language; over and under, large and small, full or empty. These are concepts that will help your baby understand the world around him or her.

When your baby masters the Baby GYMTR!X movements, he or she has developed a solid foundation of Physical Literacy skills and is ready to "graduate" to Toddler GYMTR!X with more exciting movement challenges!

Get Active. Get Sweaty. Get in the Game.

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