



# Toddler Warm Up



## Developmental Overview – Big Muscle Development Toddler-ography

To get us warmed up and ready for action we are going to do something new and fun called "Toddlerography." What this means is that you are going to **copy everything that your child does to the music**. It will be empowering and fun for both of you ... let loose and have some fun!



### You will need:

Comfortable clothes you can move in

A song you both love (you can play a song you have on your phone or use the radio)



### Method:

1. Encourage your toddler to dance to the music
2. Start to copy your toddler's moves
3. Encourage your toddler to think of more dance moves by encouraging and congratulating him or her for his/her great idea
4. Ask "like this?" as you copy. Soon your toddler will get the idea and give you a real workout!



### ✓ Activity Tip:

Keep encouraging your child to move in different ways - it may take some time for him/her to get going. As your little one gets the hang of it, s/he will love it!

Don't give up!



Nanny 'n me  
growing together