



Hop, Skip and Jump: Exercises, Activities and Games to Increase Your Child's Movement, Posture and Balancing

Peter Walker

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The most important period of a child's physical growth comes with the first few years of life, as your child develops after birth and learns to walk. This engaging and informative book shows parents how to encourage strength, suppleness and flexibility - the three main attributes of health and fitness - during these formative years. These fun and therapeutic exercises and games can maintain your child's coordination, help them to relax, encourage the release of physical tension, and improve abdominal breathing. Easy to use with step-by-step photographs and instructions, the book will promote naturally the healthy development of children while creating lasting emotional bonds between them and their parents. Hop, Skip and Jump is a fun-filled way of encouraging strength, suppleness and flexibility in your baby, and aiding healthy development. After an introduction on the benefits of soft gymnastic games in development, the book is divided into chapters according to age - From birth to three months; From four months to twelve months; From thirteen months to three years; and For Young Children. - Provides a wide range of safe and enjoyable games from birth to pre-school. - Outlines the "do's" and "don'ts" of soft baby gymnastics. - Highlights the main physical - strength, balance, posture, flexibility, mobility - and emotional - relaxation, self-awareness, reduced anxiety, interaction, bonding - benefits of each exercise. - Imaginative exercises and interactive activities for older toddlers help maintain and improve agility and balance. - Promotes trust and confidence between child and parent. - Large, step-by-step photographs and easy-to-use captions ensure the routines are easy to follow. - Advises how to establish your own routine of games and exercises that fit in with the time available and your baby's particular needs. - Includes games to help children with special needs or childhood traumas.

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