

BENEFITS OF PARENT & TOT CLASSES



**2 YEAR
OLDS**

INCREASES MOBILITY

INCREASES INDEPENDENCE

ENGAGEES SOCIAL AWARENESS

INCREASES CONFIDENCE

**FOSTERS LANGUAGE
DEVELOPMENT**

**ENCOURGAES A
HEALTHY LIFESTYLE**

**ALLOWS PARENTS TO
MAKE CONECTIONS**

**INCREASES MUSCLE
STRENGTH**

**INCREASE MOTOR
DEVELOPMENT**

**STRENGTHENS THE
PARENT /CHILD BOND**

HERE ARE SOME

TIPS TO REMEMBER:

- It takes time! If your child is bashful, hesitant, uncertain, or tends to veer towards other attractions in the gym. ITS OKAY!!! Do not be discouraged if your child doesn't meet your expectations.
- Remember....They are moving the bodies and being active! Being in a gymnastics class is better than sitting on the couch in front of a screen.
- Research shows, The period of adaptation usually lasts from two to four weeks depending on the age and temperament of the child. Some toddlers, however, can need up to 2 months to adjust to their new environment and to feel safe.
 - Many parents may think, in the beginning, that their presence at a parent/tot class is simply required to help their child stay calm and happy, but there is actually a lot more to it than that. These classes are a great bonding opportunity too, as in our busy lives taking an hour out to focus solely on our kids is not always easy. Sharing in the pride a child feels when they master a new skill is pretty special and a parent/tot gymnastics class allows you to do that at least once a week.

