

PARENT & TOT

WHAT IS PARENT & TOT

Parent and Tot is a program which gives YOU a chance to do something with your child that both of you will remember for the rest of your lives!

Goals of our Parent & Tot program

- Teach children locomotions (walking, running, balancing, jumping, rolling etc)
- Create a positive learning environment for ALL children in the class
- Teach children how to sit and watch their coach and listen to/follow instructions
- Help children seamlessly transfer into parent free classes like our 3 All Me class

We understand that every child is at a different skill and comfort level. The coaches will give different variations of skills for your child to try. Our goal is to help you and your child experience new activities and promote a healthy lifestyle!

THE PARENTS ROLE

- Keep a careful eye on your child. Always pay attention to them and remember you're out on the floor to help manage them and to help them LEARN.
- It is perfectly normal for children at this age to run away from the group. Allow them to explore around a bit and then encourage them to come back to join the group.
- Encourage your child to try all of the different skills the coach demonstrated throughout the circuit. You can encourage & assist them to do their best! Remember to always ask the coaches how you can modify each skill for your child's developmental stage.
- Help your child play the warmup games and reinforce them using their watching eyes and listening ears!
- If you have any questions on how to better assist your child, feel free to ask your coach for guidance.

KEEPING YOU SAFE

- **Parents are NOT allowed on the trampoline at any time!** If your child needs help, you can walk beside them on the ground while they run/jump down the trampoline
- Please DO NOT go on the equipment or try your own gymnastics. This is a time for you to help your child with gymnastics.
- You are welcome and encouraged to demonstrate stationary positions like tuck, straddle and pike sit, or stork/airplane balances!