

Babygarten Guidelines

Although our class is very casual and free-form, we will all maximize our enjoyment by following a few simple guidelines.

1. *Wear loose, comfortable clothing.*

The more comfortable you are, the more you'll be able to participate with your child when we're bouncing, lifting, hopping and playing on the floor.

2. *Don't be afraid to SING LOUDLY!*

If you have a rotten voice we guarantee that your baby has no idea. All we care about is that you and your baby are having a good time. Besides, embarrassing ourselves in front of our children is good preparation for their adolescence.

3. *Let your child stand or wander if they're not content in your lap.*

For many babies, it's a miracle if they stay in one place longer than 3 seconds. As long as you continue to participate they will still absorb the benefit of the rhythms and words that are surrounding them.

4. *If your baby is cranky or having a bad day, feel free to leave the room until they feel better.*

Everybody has days like this so there is no need to be embarrassed.

5. *Please save conversations for the free-play period.*

It can be very difficult to hear the instructor when there are so many babies in one room. Your cooperation will be greatly appreciated by the instructor and those who are trying to listen.

6. *Make sure to CLAP and say YAY! a lot.*

This feels ridiculous at first but, trust us, it works. Your child mirrors your expression and emotion; if you don't show your child that you're enjoying yourself, he or she will be bored or easily distracted. Clapping, praising and laughing are all welcomed.