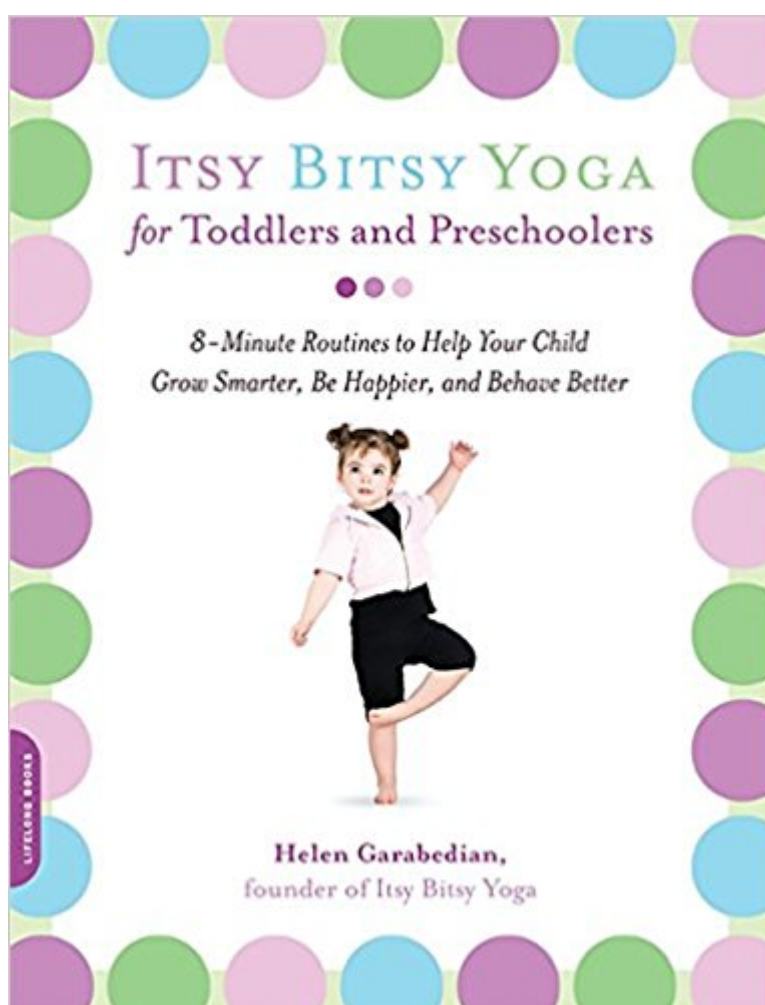


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# Itsy Bitsy Yoga For Toddlers And Preschoolers: 8-Minute Routines To Help Your Child Grow Smarter, Be Happier, And Behave Better



## Synopsis

If you've been looking for a fun and loving way to help your children learn and improve their development, look no further than *Itsy Bitsy Yoga for Toddlers and Preschoolers*. New studies show that young kids learn best through play and need at least 30 minutes of structured physical activity each day. There's no better way to engage your child than through the simple practice of yoga. Yoga can help your 18-month to five-year-old child have:

- Fewer tantrums
- Better and longer sleep
- Increased motor coordination
- Improved listening and ability to follow directions
- Better self-expression
- Higher self-esteem
- Easier relaxation
- A healthy and physically fit lifestyle

Named the *#1 Baby Yoga Expert* by Newsweek, Helen Garabedian, a certified yoga instructor, created her program with 8-minute sequences easy to fit into a young child's day. Fully illustrated with beautiful photos, *Itsy Bitsy Yoga for Toddlers and Preschoolers* features more than 50 simple poses and games kids love, offering creative ways to get active. Yoga can even help your child throughout the day—from taming tantrums to teaching cooperation—On the Go advice and Super Duper Poses show you how. Enjoy the fun of yoga with your child today!

## Book Information

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## Customer Reviews

Helen Garabedian, a certified Hatha yoga and pregnancy yoga teacher, was one of the first people to be certified as an infant developmental movement educator in the United States. She is the founder and president of *Itsy Bitsy Yoga*, through which she conducts classes, workshops, and training nationally. She lives with her toddler son in Sudbury, Massachusetts.

This is the book to buy if you are trying to get your little ones involved in yoga. There are ten routines presented to enjoy with children between ages almost two and five. A chapter is devoted to how yoga can help you and your child. Very specific examples are given. Caricatures presented in the book explain the benefits of each pose, directions on how to demonstrate the poses, Words to say to your child when asking them to do the poses, how to use yoga poses in everyday life, how to incorporate educational activities into the yoga routine, and reference charts of poses at the end of each chapter. Also included are Super-Duper poses used to bring wandering children back to the yoga practice. I've used the book to engage my great granddaughter, who is under two into yoga, and I was pleasantly surprised at the results. I would highly recommend this book to anyone who wants to start their child practicing yoga. Everything you will need to know is in this book. You need not have any experience with yoga to use this book.

I purchased this book through to use with my 2 (almost 3) year old daughter. She loves pulling out our yoga mat and doing the poses with me. It is a wonderful way for us to bond with each other and spend some time together. The poses are easy enough for her to do well, and she feels proud of herself when I praise her for doing a great job. In the book, there is a picture of a child in each pose as well as an easy to understand description of how to do the pose. Each pose also has info from the child's point of view to tell you the benefits of that pose. There are different groupings of poses, so you can choose a routine specific for your child's needs, such as poses to do in the morning to stretch and wake the body, or poses that help a toddler having a tantrum, or poses to help your child build balance, etc. There are extra tips in each pose from Helen, the author in a section called "On the Go with Helen". I am finding the routines easy to remember after doing only one time. So I won't have to sit and stare at the book the whole time every time we do yoga. Once we get it down, we will just use it as a reference.

My 25-month old LOVES to do yoga - it's become part of our bedtime routine every night and before naps. She does the moves amazingly well (just from watching me do them), and she names which ones she wants to do each night. We mix together the moves from 2-3 'routines'. It's great for the bedtime routine (whether we're burning excess energy or doing quiet ones), and it's been neat to see her enjoy moving her body. She now sometimes stretches into her own poses to see how they feel, just during normal play. I'd recommend this book for anyone - the illustrations are helpful, and the songs and presentation ideas are really helpful for keeping your little one's attention/interest,

too. My toddler can do far more (and better) than I ever would have expected, so don't wait!

This is a really neat book to incorporate into any part of the day - we tend to tap into it right before bed. My daughter has a few favorite poses, and of course enjoys making up her own poses. The book is divided into sections, and sometimes we just do parts of it, individual poses or the whole book. The pictures are a great way for the little ones to follow along.

I've just begun to use this book, and it is fantastic. My 18-month old son is very active and really enjoys trying out different poses after watching me do a short routine. He especially likes down dog, which is not surprising given that babies like to look at the world from different vantage points. The author gives good advice on how to instruct your child using simple language and keeps the routines brief, which is perfect for us at this point. Overall, we've had a lot of fun and have laughed quite a bit. A fun way to engage with your toddler.

Gave to Pre K teacher and she really liked the book, She also works with children with special needs and wants to help them experience health and body. Will be of value in Winter when you cannot go out to play.

This is a great book with really creative ideas to do with those 18 mo - 3 yr olds. I was disappointed that these were not really challenging enough for the 3 1/2 to PreK 5 year olds, since the book said Toddlers AND Preschoolers. As a caregiver I tried a few of these out with some 4 year olds and it didn't really hold their attention, even when using the suggested challenges in the "Yogi Wogi" section. For the 2 year olds however it was right on, and good fun. If the author came out with a book for the older Preschool student I think I would give it a try.

Grace shows this book to everyone. Whether or not she knows that at 22 months she is teaching them yoga positions !!

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