



Baby Active 0-2 years

The **Baby Active Programme** consists of four modules, lasting two months each, in which key aspects for the integral development of the child are worked on. **Each module's objective is to accompany the babies and their families in a learning process that is intended to stimulate kids properly and to train their parents so that they can develop activities and exercises at home.**

Module 1. Massage for babies

Subtle and pleasant technique which allows us to communicate with the physical and emotional world of the baby through touch.

- Session 01. Legs and feet movements
- Session 02. Abdominal movements
- Session 03. Chest and arms movements
- Session 04. Face and back movements
- Session 05. Stretching
- Session 06. Reflexes
- Session 07. Intuitive massage and indirect massage
- Session 08. Massage through games and special situations

Benefits

- It strengthens the bond between family and child
- It improves the baby's self-esteem
- It regulates and strengthens the respiratory, circulatory and gastrointestinal functions and improves sleep

Module 2: Gymnastics and Yoga for babies

Routine movements that help children become aware of their body schema and strengthen their muscles.

- Session 01. The tone
- Session 02. The rhythm
- Session 03. The space
- Session 04. Yoga for babies I
- Session 05. Yoga for babies II
- Session 06. Shiatsu for babies I
- Session 07. Shiatsu for babies II
- Session 08. Integrated session

Benefits

- To favour balance and coordination
- To encourage the child's autonomy
- To strengthen the muscle system



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Module 3: the station of the senses

We learn what we experience actively. To this end, we promote **sensory stimulation** through varied visual, auditory, olfactory, tactile and gustatory stimuli, which facilitate interaction with the child's environment and cognitive world.

- Session 01. Hearing
- Session 02. Touch
- Session 03. Smell
- Session 04. Taste
- Session 05. Sight
- Session 06. Stimulation of communication
- Session 07. Priority stimulation by age
- Session 08. Stimulation by corners

Benefits

- To ensure that the child becomes aware of their sensory possibilities
- To improve the ability to discern sensory stimuli through experiences that incorporate sight, hearing, touch, taste and smell
- To facilitate the identification of objects through contact and manipulation
- To progress in the development of structuring of information received by the different sensory channels

Module 4: educational games for babies

Game-play is the primary activity that children use to express themselves, to create situations from which to learn and to grow (introduction to reading, bits of intelligence and flash-cards). During our sessions we work on activities associated to:

- Rhythm and music
- Reading for babies
- Maths for babies
- Encyclopedic knowledge
- Dance
- Free game
- Construction games
- Team games
- Stories for babies

Benefits

- It stimulates creativity, expressiveness and communication
- It empowers parents as the primary source of learning
- It promotes joy and motivation to learn