



Child Care Answers "Parents in the Know"

Keep it moving in 2009

Have you ever noticed that it is impossible for young children to keep still? It is almost as if they hear and respond to an inner music. This can be observed as a child is standing in a line and gently begins to sway. While I admit that the wiggles can cause frustration at times, they play a vital role in the development of children. Movement is not only important in helping with the physical aspect of growth but also in aiding children in developing good thinking skills, communication skills and building positive self-confidence. When allowed to explore in a safe environment through movement, they are able to communicate and learn to problem solve and develop skills that they will need for the rest of their lives! Movement, dance and active play of all kinds stimulates young children's development in many valuable ways.

◆ **Physical Development:**

Using their bodies to explore and communicate provides the exercise needed to grow strong, healthy bodies. Each movement enables children to discover how their body works.

◆ **Building Strong relationships:**

Movement is an important way through which we connect with others. Developing relationships with the people who are important in our lives are nurtured through experiences with them. Sharing in a child's joy of movement helps build a close bond.

◆ **Intellectual Development:**

Physical activities help in stimulating the connection between our minds and bodies. Movement is essential in helping children put their ideas into action in order to accomplish a goal.

◆ **Communication:**

Children express their thoughts and feelings through movement. This fact can be noted at an early age. An adults response to children's movements help him/her learn about the give and take of communication. This also helps them to feel loved and important.

◆ **"Me do it!" Self-confidence:**

As young children use their bodies to discover their world, they gain knowledge and strength. Each new physical accomplishment- be it climbing onto the adult chair or riding a bike, children's sense of mastery grows, giving them the self-confidence needed to tackle the more complex challenges ahead.

Be sure to make physical activity a part of every-day. Whether it is taking a family walk, dancing to music or riding bikes- your interaction and caring responses tell children that you understand and enjoy spending time with them!

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**Child Care
Answers**

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