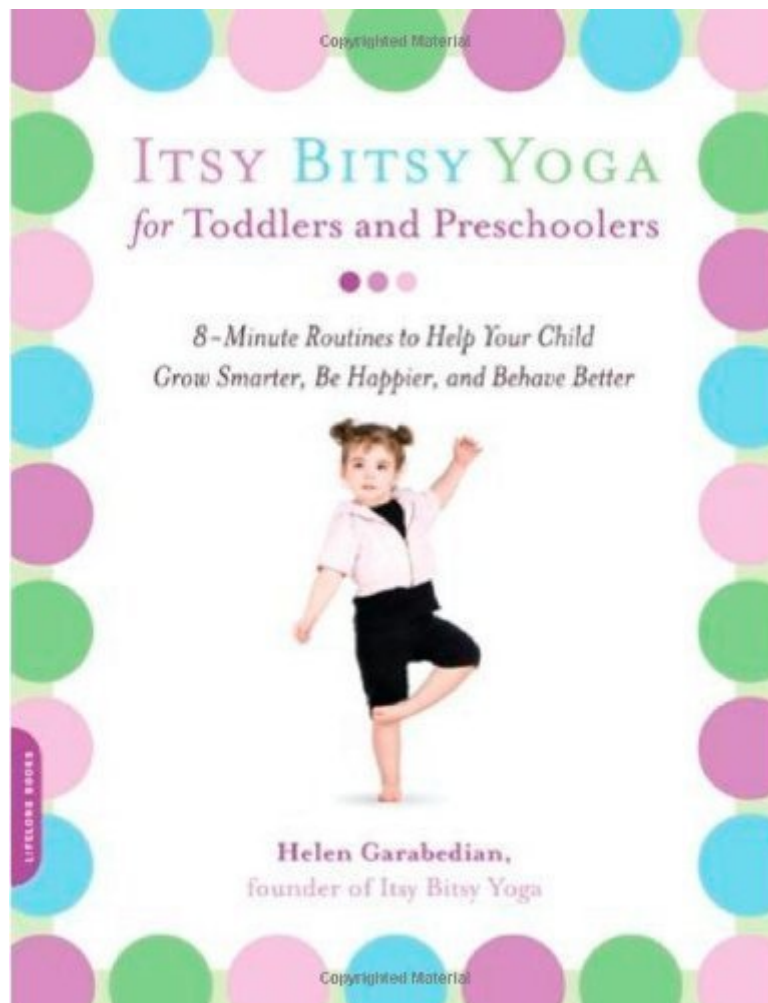


The book was found

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 "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!

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Customer Reviews

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.

This is the 2nd book I got from Helen. After looking through her two dvds on baby yoga and her book Yoga for Toddlers, it's fair to admit that Helen is a genius! This book is GREAT for anyone seriously working with small children and who wants to incorporate fun-filled action that is also important to children's health and physical development. This book is ground breaking because I've ever seen anyone incorporate such concepts into a kindergarten or elementary school. And the poses do WORK! These ideas should seriously be considered for kids pre-k and up in any school in any country. I can't wait for the dvd - if there is one on this book! Helen is a genius!Tims
KidsChildren's language circleJapan

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.

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.

It's so important to provide opportunities for play for kiddies. I'm a yoga teacher but sometimes I forget or need new ways to create or modify kid friendly poses. This book gives experienced yogis AND newby's great suggestions to stretch, snuggle and play with their little guys. There are routines for various times of day and a ton of great ideas.

i bought this to have the follow up for itsy bitsy yoga for infants. it follows in the spirit of the first book and it does great. it doesn't say though how to slow down a toddler long enough for yoga but i guess i have to figure that one out. if you liked the first one, you'll like this one. save yourself the hassle and get the together if you can.

Finally, a SIMPLE kids yoga book. These are poses I can actually do, lol. We just started doing some of the poses, but we both enjoy it a lot. In the book it says to spin your child in an office chair when they are getting ready to tantrum and it works! I can't believe it works but it does.

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.

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Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Itsy Bitsy Spider (Emma Frost Book 1) Positive Discipline for Preschoolers: 10 Tips on Making Your Child Responsible and Confident (Positive Discipline, Positive Discipline for Preschoolers, Positive Discipline In The Classroom) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Toddlers Tantrums: Understanding and Dealing With Toddlers Tantrums Effectively (Toddlers Tantrums, Parenting, Motherhood, Dealing with Tantrums, Discipline, ... Childrens Behaviour, Potty Training,) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families Teach Your Child to Count to Ten - Number Time: For Ages 2 to 5 - An Educational Coloring Book for Preschoolers, Parents and Siblings Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Grow Fruit Indoors Box Set: 22 Cultivating Tips to Make Your Own Garden With Extra Gardening Tips To Grow Your Favorite Exotic Fruits Plus Tips How to ... Set, Grow Fruit Indoors, Gardening Tips) Everyday Yoga: At-Home Routines to Enhance Fitness, Build Strength, and Restore Your Body ToddlerCalm: A guide for calmer toddlers and happier parents Calmer, Easier, Happier Screen Time: A parent's guide to staying in charge of technology from toddlers to teens Parenting Book: 50 Tips on Building Your Child's Self Esteem (Raising Girls, Boys, Potty Training Toddlers to Teenage Kids) Child Rearing & Positive Discipline - Psychology & Development in Children

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