



Let's Talk About Movement

INSTRUCTIONS

This handout was designed for use with the podcast episode “Let’s Talk About Movement,” from the Office of Head Start’s Early Childhood Learning and Knowledge Center. The questions and activities in this handout could be used in a work session (e.g., professional learning community, professional development session), for individual coaching, or for self-reflection.

Goals

- ◆ Discuss the benefits of engaging infants and toddlers in movement experiences.
- ◆ Discuss ways to collaborate with families to engage infants and toddlers in movement experiences.
- ◆ Plan to partner with families to support infants’ and toddlers’ development through movement experiences.

Activity

- ◆ Listen to the podcast episode.
- ◆ Use the questions below to reflect on effective ways to support infants’ and toddlers’ movement experiences both at school and at home.
- ◆ Implement your plan and adjust as needed to support gross motor skills in infants and toddlers.

**Sensory experiences, perceptual experiences, and movement experiences
all help build connections in the early developing brain.**

Dr. Linda Carson

REFLECTION QUESTIONS

- ◆ What caught your attention from the podcast? What made that fact, excerpt, or example meaningful to you?

- ◆ Some families may need support in engaging infants and toddlers in movement activities at home, while others may have ideas to share with educators and other families. How can you be a resource to families and share ways that support healthy movement skills while respecting their unique situations and values? In what ways can you partner with families to bring their ideas to life in the classroom?

- ◆ In the episode, Dr. Carson explains, “Sensory experiences, perceptual experiences, and movement experiences all help build connections in the early developing brain.”
 - Reflect on your current practice. What are some ways you support infants’ and toddlers’ movement experiences?
 - Think about your classroom environment. What modifications can you make to ensure children can engage in sensory, perceptual, and movement activities safely?
 - How might these considerations inform the suggestions you share with families?
 - What support may you need in engaging infants and toddlers in movement experiences throughout the day?

- ◆ Akua Kouyate emphasized that movement experiences are a part of everyone’s culture. She mentioned that parents are often prompted to reflect on their childhood experiences, such as songs they sang and games played, to support children’s movement experiences at home.
 - How can you connect with families to learn about their cultures and experiences? How will doing so inform the kinds of music and movement experiences you plan to use in your classroom?
 - How can you partner with families to engage children in music and movement experiences at home?
 - What resources or support do you need? How will you access them?

ADDITIONAL RESOURCES

Learn more about movement activities for infants and toddlers:

- ◆ **Source:** National Resource Center for Health and Safety in Child Care and Early Education
- ◆ **Video:** Motion Moments: Toddlers
- ◆ **Link:** <https://www.youtube.com/watch?v=k55liTC7sGI>
- ◆ **Description:** This video explains how physical activity and movement are essential to young children's growth and learning. It also shows simple ways to integrate physical activity into classroom activities for toddlers.

- ◆ **Source:** National Association for the Education of Young Children
- ◆ **Article:** Rocking and Rolling: Learning to Move
- ◆ **Link:** <https://www.naeyc.org/resources/pubs/yc/nov2016/learning-to-move>
- ◆ **Description:** This article shares ideas on how educators can intentionally facilitate movement skills in infants and toddlers. It describes how the objects in the environment invite certain kinds of movement in young children.

- ◆ **Source:** Nemours Children's Health
- ◆ **Article:** Get Kids Moving
- ◆ **Link:** <https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/>
- ◆ **Description:** This article describes the benefits of physical activity and outlines best practices for engaging young children in physical activity. It also includes a parent activity calendar with fun, simple movement activities for young children.