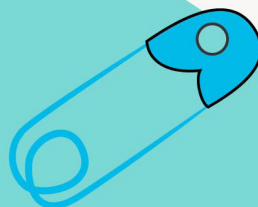


babynastix[®]

NEW

MOMMY & DADDY

PARENT GUIDE



Copyright© 2024 Monkeynastix International





INDEX

PAGE
1

THIS IS ME

PAGE
12

**THE IMPORTANCE OF
TUMMY TIME**

PAGE
2

WHAT IS BABYNASTIX?

PAGE
14

CRAWLING

PAGE
3

**WHAT IS THE FOURTH
TRIMESTER?**

PAGE
16

MESSY PLAY

PAGE
5

**WHY IS IT IMPORTANT TO
STIMULATE MY BABY?**

PAGE
18

BABY GROWTH CHART

PAGE
5

**SENSES AND
STIMULATING TIPS**

PAGE
19

MILESTONE DIARY

PAGE
8

**MOTOR MILESTONES AND
TIPS ON HOW TO HELP**

PAGE
20

TEETHING CHART

PAGE
22

**EYE TRACKING
ACTIVITY**

THIS IS ME

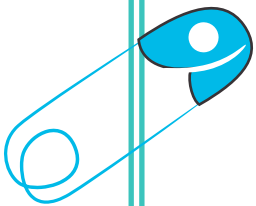
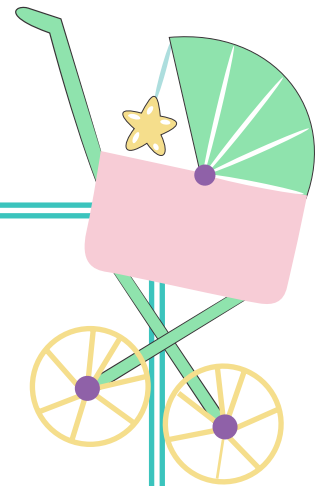
NAME: _____

BIRTHDATE: _____

WEIGHT: _____

LENGTH: _____

DATE WHEN STARTED
WITH BABYNASTIX: _____



PICTURE OF YOUR BABY



WHAT IS BABYNASTIX?

It takes just one short year for your baby to make the amazing transformation from helpless newborn to busy toddler. In these first months, his or her brain will double in size and develop more than during any other stage.

Baby's first two years present several "windows of opportunity", where certain parts of the brain experience a small boost of development IF the right stimulation and input is given. Missing these windows can cause developmental delays, which are somewhat harder to make up in later years.

Our Babynastix programme has been specifically created for babies up to the age of 2 years, helping parents who want to ensure that their child receives the right stimulation at the right time. Developed by an **occupational therapist, a paediatrician and an early childhood educator**, Babynastix enhances baby's development with brain boosting activities and exercises that have been designed to maximize on early development opportunities.

Through fun sensory games, vestibular and proprioception movement, baby massage and many other milestone appropriate activities, a trained and qualified instructor guides and assist baby through easy-to-follow routines. By continuing to expose baby to these routines, mom and dad have the assurance that their little one's lifelong educational journey is being built on a firm Babynastix foundation.



What is the 4th trimester and why is it advised to not do stimulation activities or attend classes with my baby too soon?

The fourth trimester is the 12 weeks following the birth of a newborn. In the first few months after your baby's birth, it is time for you and your baby to adjust to life after delivery. This is the time when you as a new mom should try to recreate the environment that your baby had while still in the womb.

Here are some tips on how to do this:

- ✦ **Skin-to-skin contact:** To help recreate what your baby's life in the womb was like, you and your partner can share skin-to-skin contact with your baby. This way, your baby can feel your heartbeat and the warmth of your skin, which are both comforting and familiar to them.
- ✦ **Swaddling and moving:** While in the womb, your baby was in a small, confined space. You can recreate this sense of safety and security for them by swaddling. Studies show that babies may sleep better when swaddled. You can also get this same effect by carrying your baby in a sling close to your body. Movement is also very comforting for your baby. Since they are used to the movement of your body from being in the womb, movement during the fourth trimester for infants is familiar to them.
- ✦ **Shushing sounds:** Shushing is a time-tested and proven technique to calm fussy, crying babies. The simple technique works because it mimics the sound of a mother's womb. This triggers a baby's natural calming reflex.

In these first months after birth, your baby is just learning how to use their senses to process the world around them. They are totally dependent on you to care for them and to understand their needs. It's during this time that your baby will likely learn how to start doing some things independently, like:

- **Making noises to communicate**
- **Holding their head up without help**
- **Keeping their attention on objects and follow them**
- **Using their muscles**
- **Smiling**

Babies have a lot of adjusting to do outside of the womb. Their brains are taking in new sensations like tastes, smells, and sounds. During this time, it's important to follow their cues when it comes to sleeping, crying, and feeding.

When it comes to crying, you can try swaddling or rocking your baby to create that familiar environment for them. Other times, your baby will cry because they are hungry, need a diaper change, or simply want to be held by you.

A baby's filtration system only develops in the 3rd month, for this reason some experts say human babies need the first three months of life to give their brain and central nervous system the time needed to mature. Breathing starts to regulate and baby begins to sooth himself.



Tips for Mom during the 4th trimester

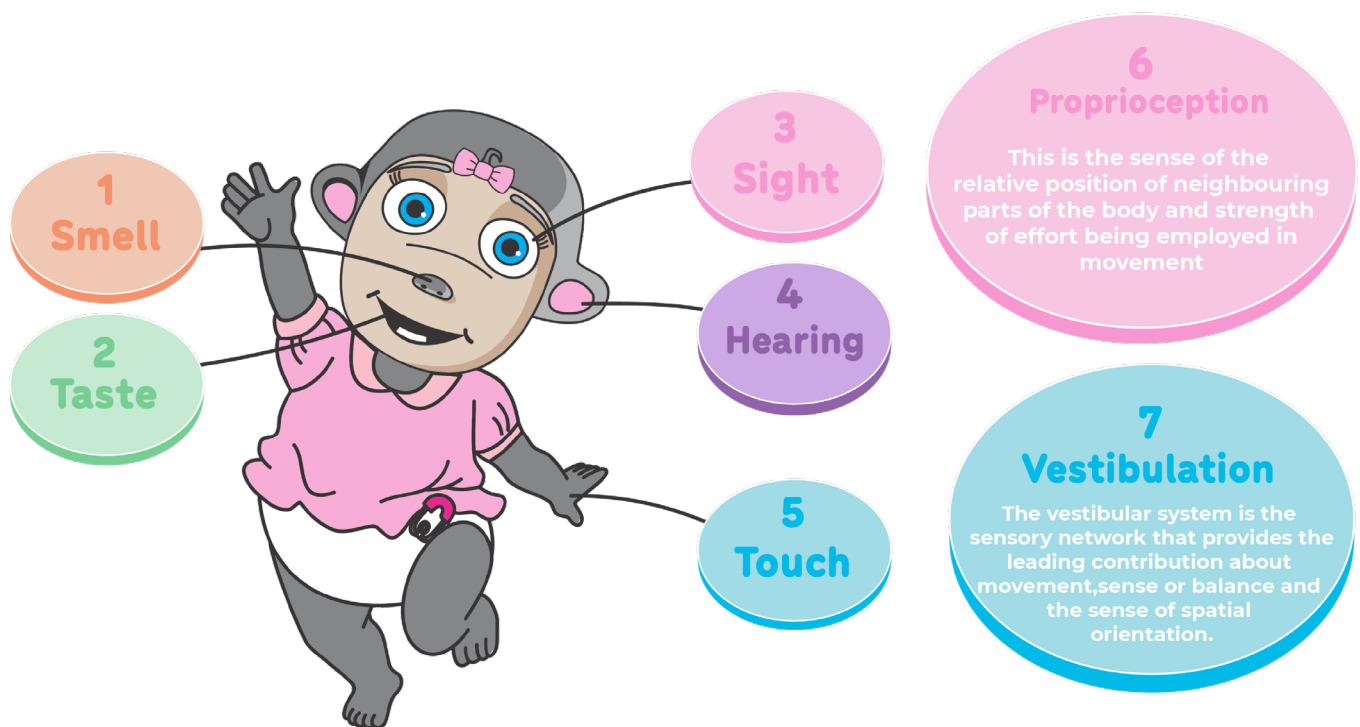
Mom, you will notice that the fourth trimester is a period of great change for you, too. Before delivery, the mother's health is monitored quite closely. After birth, the focus usually shifts from you to the health of your baby. But it's just as important that new mothers get good postpartum care, too. Moms tend to feel isolated during this time, this is one of the reasons why moms are eager to start stimulation classes to get out and meet other moms, connect, and socialize. If your little one is still in the fourth trimester and you feel that you need to get out, please get in touch with your closest Babynastix franchisee, join us for some socializing, connecting and support. We at Babynastix understand the importance for moms to reconnect to the world and find their village. No better place to make those lifelong friendships than in a Babynastix Class.



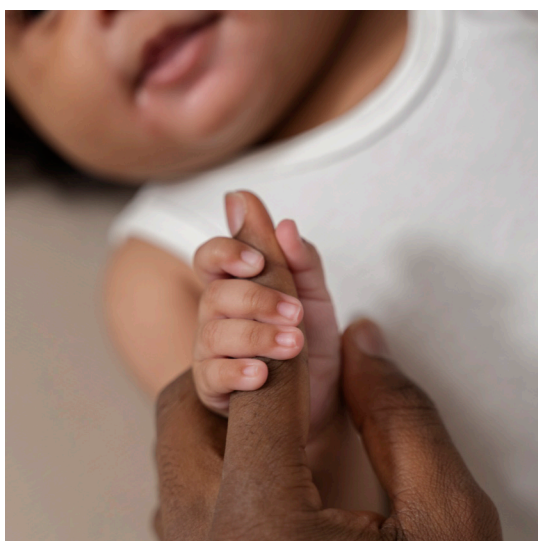
Why do I need to attend stimulation classes or do stimulation activities with my baby after the fourth trimester?

For the first year a baby's learning is completely dependent on receiving stimuli through senses.

SENSES:



Senses and how to stimulate the senses.



TOUCH:

Did you know? Touch is the first sense to develop in utero. Positive touch interactions may help foster the neurodevelopment of brain regions producing oxytocin, thus enhancing children's future social and emotional development.

How can I stimulate touch?

All baby's first experiences are touch. You can further stimulate this sense by making skin-to-skin contact with your baby as well as baby massage or simply lots of cuddling. Remember you cannot spoil a baby by holding him/her too much!

SIGHT:

Did you know? At birth, many of the components of the visual system are in place but it is after birth that growth and development of this system occurs. A baby's underdeveloped vision is a protection system, which assists your baby against overstimulation. For the first two months of life, an infant's eyes are not well coordinated and may appear to wander or to be crossed. This is usually normal.

How can I stimulate sight?

Dangle any object (we have included high contrast images in this booklet which can also be used) about 30 cm from baby face (do not hold it any closer as this will cause baby to squint) and move the object from left to right and right to left.



HEARING:

Did you know? At around 20 weeks, an unborn child can start detecting sounds in the noisy womb.

How can I stimulate the sense of hearing?

This is very easy! Read to your child no matter how young, it will pay off! The more you read (or talk) the more sounds and words your baby learns.

TASTE:

Did you know? Your baby has a wider distribution of taste buds in his/her mouth than you do as an adult. Taste buds in newborns can be found on the tonsils and the back of the throat as well as on the tongue.

How can I stimulate my baby's sense of taste?

Eat the rainbow whilst pregnant.
Did you know that babies' taste buds are awakened before they are even born at around three months into pregnancy? By four months they can distinguish between different flavours such as sweet, salty, sour and bitter. Whatever you eat while pregnant, they will be able to taste through the sucking and swallowing of amniotic fluid. You can stimulate baby's taste buds at this early stage by eating a nutrient-rich diet full of different flavours. Some even say, the greater variety of food you consume during pregnancy, the less of a fussy eater your baby will be, anyone who's survived a fussy eater will know this is worth doing.





SMELL:

Did you know? Babies' sense of smell is highly developed at birth. Scientists think a baby's ability to smell his mother is one of the most important ways he learns to recognize her.

How do I stimulate my baby's sense of smell?

You can help develop their sense of smell by offering them different fragrances and aromas such as: chopped parsley, melted chocolate, coffee, and also less pleasant smells! Indirectly this will help your baby's palate to develop.

VESTIBULAR

(sense of movement and balance)

What is Vestibular in simple terms? The vestibular system provides a sense of balance and information about the body's position that allows rapid compensatory movements in response to both self-induced and externally generated forces.

Did you know? We use our vestibular system both for calming and arousing the rest of our systems.

How do I stimulate my baby's vestibular system?

Any gentle activity that gently and safely rocks, rolls, tumbles, bounces, swings and spins your baby provides them with vestibular stimulation.



PROPRIOCEPTION

What is proprioception in simple terms?

Proprioception is the body awareness sense. It tells us where our body parts are without having to look for them. This helps to know where body parts are relative to each other, which strengthens our coordination skills. It also tells us how much force to use when we're holding, pushing, pulling, or lifting objects.

Did you know? Proprioception is referred to as the sixth sense and is developed by the nervous system to keep track of and control the different parts of the body.

How do I stimulate my baby's proprioception system?

Tummy time encourages body awareness and balance. As your baby moves during tummy time, their weight shifts. This teaches them to be aware of their body and how to move their muscles to change position.

MOTOR MILESTONES

Motor milestones are stages of progress, they show us baby is developing. If senses and muscles are wired well and integrated correctly with baby's body, baby will reach each milestone in sequence and within the appropriate time frame.

Sucking Birth

Sucking is baby's first motor milestone after birth. A sucking baby is content, because the rhythmic pressure of his tongue on his palette is soothing and helps baby to relax and dissolve the overdose of stress hormones when he gets stressed. His lips, tongue, cheeks and even eyes are all involved in this process, and all contribute to language development and visual stimulation.

What can be done to help reach this milestone?

- Gently draw the outline of the lips with your finger during baby massage.
- Massage the hand and firmly apply pressure to the palms of the hands to activate the sucking reflex.
- When holding your baby, swop your arms and make eye contact.

Strong Neck Birth - 4 Months

Once his/her head is stable, his/her tummy and back muscles must also develop in order for him/her to become mobile. This happens around 3 months.

Once a baby has fought the pull of gravity by attempting to raise and turn his/her floppy head while on his/her tummy, his/her muscles will have strengthened enough to want more. Once he/she has successfully strengthened his/her neck and shoulder muscles, the baby's sense of curiosity stimulates his/her eyes to work together.

The core muscles are the neck, tummy, and back muscles, as well as the stabilizing muscles which prevent baby from falling over sideways. The other muscles will develop once the core is strong and stable.

What can be done to help reach this milestone?

- Do plenty of interactive floor time on tummy.
- Balance and stability on gym ball
- Free movement is extremely important.

Rolling 4 Months

Baby's left brain controls his right arm and leg, while baby's right brain controls his left arm and leg.

Stimulating his left brain is important because it develops the mechanics and wiring needed for language development, logical reasoning, planning and organization, attention to details and the ability to store facts in an orderly manner.

Stimulating his right brain is important because it wires baby's brain to be flexible and a creative problem solver. A stimulated right brain also means baby can grow up to be a lateral thinker, with great spatial skills and the ability to see the bigger picture. Due to the different functions of the left and right parts of the brain, rolling over in both directions is important.

What can be done to help reach this milestone?

- Do plenty of interactive floor time.
- Rolling exercises where baby does most of the work.
- Free movement by rolling baby onto his side and letting him complete the rolling process on his own.

Sitting 6 Months

Sitting is the most crucial element of muscle tone as your baby needs to learn two kinds of balance to master this milestone.

Static balance to stay up while in the same place and dynamic balance to stay up while moving.

This new way of seeing through sitting rewires your baby's brain map to become more three dimensional.

What can be done to help reach this milestone?

- Do lots of rolling on the floor and eliminate all movement restricting devices or chairs.
- Balance and stability on a gym ball while baby is seated whilst holding baby.
- Allow baby to first use his hands as support whilst sitting. It is important to be patient.

Grasping 6 Months

At first the baby just swats at a swinging toy, then accidentally grabs it, until he starts to reach for a toy deliberately and grasps it firmly and it goes straight to its mouth.

Grasping is also one of the first steps to start developing the pincer grasp that comes into full use at approximately 8 to 9 months. This grasp is wired to language development in the brain so as we expose baby to grasping, we also expose baby to language development.

What can be done to help reach this milestone?

- Provide plenty of opportunities for grabbing.
- Massage baby's palms often.

Crawling 7 Months

Crawling draws together the wiring of all the previous motor milestones. Crawling enables baby to have postural control, balance, locomotion, and manipulation. A baby must crawl for a while to insulate his advanced mapping in his brain. Research has indicated that it takes more or less 50 000 repetitions of a specific movement to complete the wiring and insulation. While crawling, your baby becomes aware of the left and right sides of his body and of crossing the midline in between the left and right side of the body and his brain. This happens naturally when his head moves to look at his left hand and then as he crawls and he puts the right hand forward, his head turns, he crosses his midline and looks at his right hand. Baby also learns to navigate and experience in and out, and over and under, all spatial elements that are crucial for reading and writing and coping in a classroom.

What can be done to help reach this milestone?

- Lots of tummy time whilst placing toys just out of reach to stimulate babies desire to be mobile.
- Bicycle legs to align baby's legs and hips.
- Massage baby's hips and legs and hands so that he is aware of them.

Standing, Cruising and Walking from 9 Months

Often, we rush through crawling and place too much emphasis on walking. Be patient and once your baby can stand, cruise, and walk, he is free to reach out and discover the "we" element of life and is no longer "me" focused. His three-dimensional map of objects becomes complete as he can see objects from all different angles. Baby is now free to discover the world and soon his language will flourish, and he will start developing socially as all his physical motor milestones are now all in place.

What can be done to help reach this milestone?

- Let baby stand on his knees to help pull himself up.
- Strengthen his legs by letting him push boxes and toys around.
- Avoid shoes and let baby explore with his bare feet.

A

B

C



TUMMY TIME

What is tummy time?

Tummy time is, quite simply, all about getting your baby to spend a little bit of time on their tummy.

Why is tummy time important?

Tummy time has plenty of benefits for your baby:

- ✦ It's important for their physical development, helping your baby to strengthen their back, arms, and neck muscles.
- ✦ Tummy time helps your baby to develop their motor skills and encourages them to roll over.
- ✦ Tummy time varies the position your baby lies in, which can also help prevent head flattening (positional plagiocephaly).

How do you do tummy time?

From birth, you should try a few different positions to help them play and wriggle around on their tummy. For a comfy and reassuring position with loads of eye and skin contact, you could lay your baby on your chest while you're lying on your back. You could also place your baby across your lap, holding them securely so they don't squirm away. When they're ready and can lean on their arms, it is time for tummy time on the floor. Try this using a rolled-up towel under their chest and armpits so they can lift their head more easily.

Once they're four months old and can prop themselves up fully on their arms, they might not need the towel support for tummy time on the floor anymore. This position is great for play and for reaching for toys, this will help your baby grow stronger.

When baby turns six months old or around that age, you could have more fun with them by playing 'Superman'. Hold them under their arms and gently lift them up so they stretch into the flying superhero's pose.



Top tips for tummy time:

★ Stay with your baby

You need to supervise your baby during tummy time. Only get them to try out tummy time when you're both on the ball or floor and you're watching them closely. This is play time and there should be interaction between you and your baby.

★ Little and often

It's a good idea to start your baby's tummy time with a little and often approach. Try very short periods of time, possibly even a minute or two at a time, to start with. Nappy changes or when they wake up could give you a good opportunity to try tummy time.

★ Increase stamina slowly

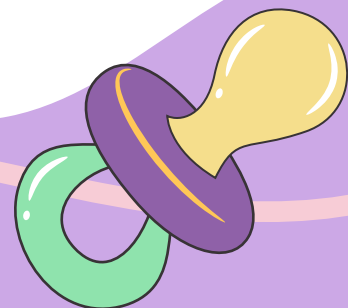
It will take time for your little one to develop confidence and strengthen their muscles during tummy time. Trust your instincts as most babies won't like being on their tummy at first, if this is the case, try holding them upright instead, but still on their tummies in a "across your knees" position. For babies who enjoy time on their tummies, introduce more games such as reading. You can then increase their tummy time when they show they're enjoying it – see what works. They will soon get the hang of it.

★ Tummy to tummy

Try lying on your back, tummy to tummy with your baby, smiling, talking, or singing softly to them. Dads or partners can get involved with this too. Skin-to-skin tummy time can be a good bonding experience. The eye and body contact will be comforting and reassuring for your little one. You might find they stay engaged with tummy time for a bit longer this way.

★ Tummy time fun

Try to turn tummy time into playtime. You can buy baby tummy time play mats to help make tummy time more fun for your baby. Otherwise, lie your little one on a soft blanket and put some playthings out for them. You could put brightly coloured books, toys, or a baby mirror nearby for them to look at and reach out to.



CRAWLING

Why is crawling so important?

Crawling offers babies more than just a cute way to get where they want to go. In fact, learning to crawl is commonly considered an important developmental milestone in a baby's life.

Here are some reasons why crawling is an important stage of your baby's development:

★ **Development of joint stability and muscle strength.**

Crawling is important in developing stability and strength in the trunk, arms, and legs which are all important for future gross motor skills. Crawling even strengthens structures related to breathing, talking, and eating!

★ **Fine motor benefits.**

There are also fine motor benefits to crawling including lengthening finger muscles, development of the arches in the hand, and development of the thumb and web space. All these help with future grasping and manipulation of smaller items, pencils, spoons, etc.

★ **Physical and neurological coordination.**

Proper crawling form involves the opposite arm and leg moving at the same time which requires the right and left sides of the brain to communicate. Communication between the two sides of the brain is essential for all sorts of activities in life such as walking, running, riding a bike, dressing, etc.

★ **Binocular vision.**

This visual skill develops as your child looks to the distance at where they are going and then back down at their hands while crawling. This aspect of vision is important for future tasks that require us to calculate distances and adjust our vision between distances such as catching a ball, driving, or taking notes during class.

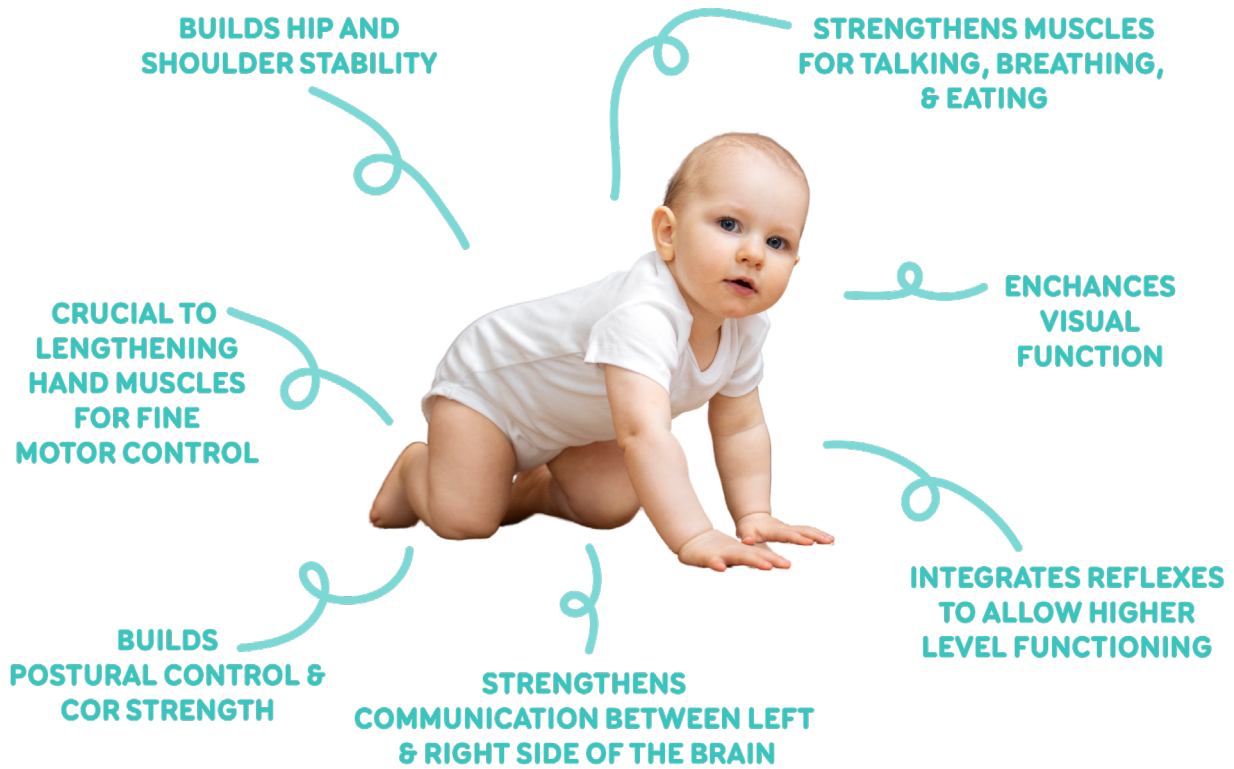
★ **Sensory benefits.**

Crawling on hands and knees incorporates five different sensory systems:

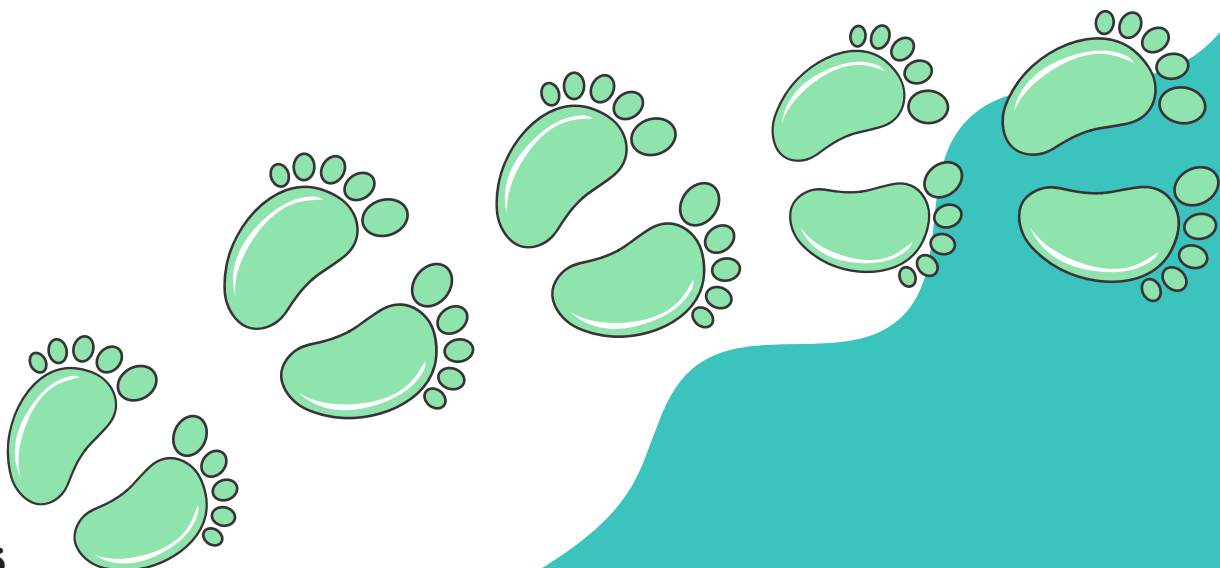
- skin
- muscles and joints
- inner ear
- eyes
- even ears

This helps babies better understand where their body is in space and helps them plan their future movements.

BENEFITS OF CRAWLING



Did you know Babynastix offers Crawling Courses? Contact a franchise in your area to book your crawling course.



THE MANY BENEFITS OF MESSY PLAY

Physical Development	Develops hand-eye co-ordination	Builds fine-motorkills	Improves body control, poise, balance and co-ordination
Mathematical Development	Teaches about sequencing and patterns	Offers opportunities for counting, measuring and sorting	Develops the concept of size and shape
Knowledge and Understanding of The World	Encourages representational play and story-telling	Enables risk-taking and experimenting in a safe enviroment	Teaches cause and effect
Personal, Social and Emotional Development	Fosters children's natural curiosities	Encourages a positive attitude to new experiences	Builds independence through choice
Communication Language and Literacy	Provides exposure to a rich and varied vocabulary	Informal context encourages confidence in communicating	Provides opportunities for mark-making
Creative Development	Explores colour, shape and texture in two and three dimensions	Use of different media and material fosters imagination	Focus on process over product enables individual interpretations

MESSY PLAY RECIPES

1

RAINBOW BUBBLE FOAM SQUEAKY CLEAN FUN!

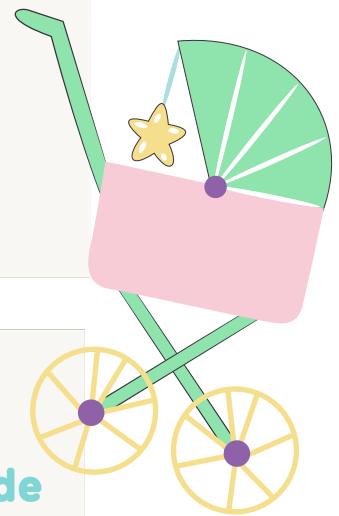
MATERIALS:

- Tear free bubble bath
- Water
- Food Colouring
- Electric mixer
- Big Bowl

HOW TO MAKE BUBBLE FOAM:

- Mix 2 parts water to 1 part bubble bath in a large bowl (1/2 cup water, 1/4 cup bubble bath)
- Add a little food colouring then wip it with the mixer on medium high for 1 minute
- Repeat with all the colours you want

Play Outside
Play in bathtub
Add toys
Add spoons
& cups



2

MOON SAND

MATERIALS:

- Flour
- Baby oil
- Measuring cups
- Big Mixing Bowl

HOW TO MAKE MOON SAND:

- Mix 8 parts flour to 1 part baby oil in a big bowl (4 cups flour, 1/2 cup baby oil)
- Combine the baby oil and flour well
- Put it in a large container
- Play!

Play Outside
Add spoons
& measuring
cups
Add toys



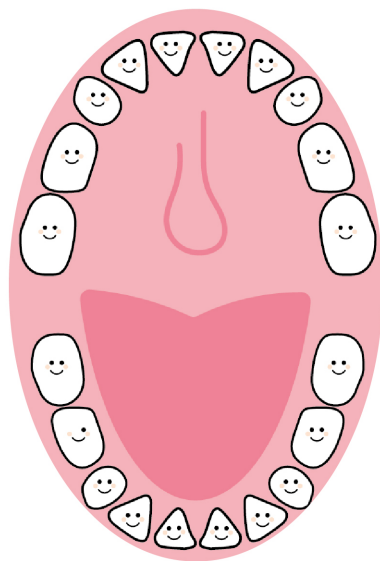
Did you know Babynastix offers messy play parties and dedicated messy play classes?

Here's a handy chart for when baby teeth come in.

TEETHING CHART



UPPER TEETH



CENTRAL INCISOR — 8-12 months - Wow, how adorable!

LATERAL INCISOR — 9-13 months - More already, really?

CANINE — 16-22 months - I haven't slept since the last lot!

FIRST MOLAR — 13-19 months - Who needs teeth anyway?

SECOND MOLAR — 15-33 months - Just kill me now!

MOLAR — 23-31 months - When will it end!

LATERAL INCISOR — 14-18 months - Where is the wine?

CANINE — 17-23 months - Send help!

INCISOR — 10-16 months - Crap!

INCISOR — 6-10 months - Ah how cute do they look?

LOWER TEETH

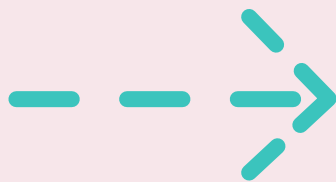


TEETH COME IN	DATE	NOTES
CENTRAL INCISOR		
LATERAL INCISOR		
CANINE		
FIRST MOLAR		
SECOND MOLAR		
MOLAR		
LATERAL INCISOR		
CANINE		
INCISOR		
INCISOR		

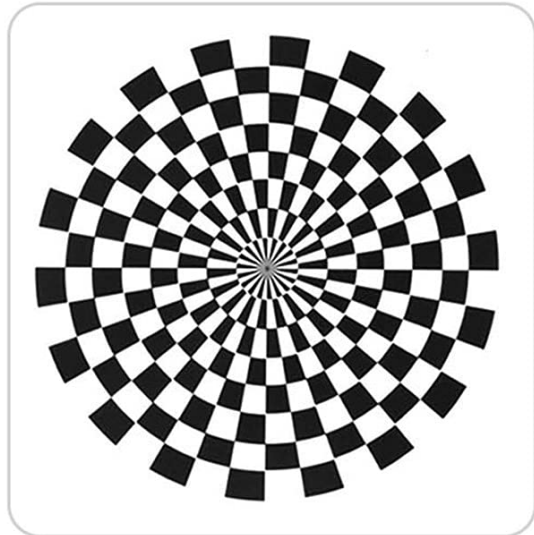
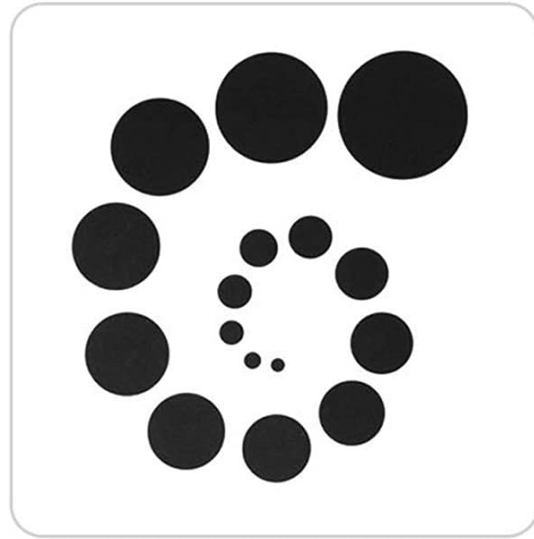
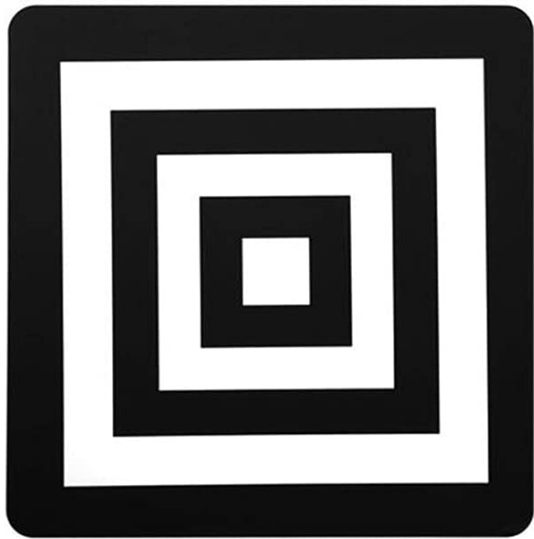


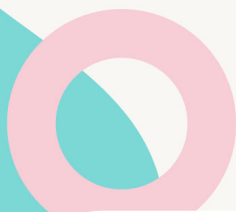
EYE TRACKING ACTIVITY

High contrast images



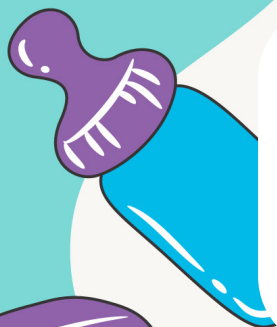






Scan here to listen to our theme song

Register with us in three easy steps



babynastix[®]



www.babynastix.com

