

Dance to the Music: Dipping and Swaying

Instructions:

1. Play your baby's favorite music.
2. Ask your baby for permission for a dance, "May I have this dance?"
3. Dance to the music. Sway as you dance.
4. Dance in the mirror or window so you can look at your reflection.

Questions to ask your child:

- Can I dance with you?
- Do you see the way your body moves?
- Can you dance to the music?

Materials needed: Music

Environment: Open Space

**What they learn:**

Motor: While dancing, your baby is moving different body parts and learning about body movement.

Social Emotional: Your baby is learning to have fun and be silly when you dance together. Your baby's brain is stimulated when listening to music.