

Dance to the Music: Dipping and Swaying

Instructions:

1. Put on your favorite music.
2. Choose your baby as your partner.
May I have this dance?
3. Move to the music. Dip and sway as you dance.
4. Dance by the mirror or window so you can look at your reflections.

Materials:

- Baby and caregiver
- Music
- Books

**What they learn:**

Motor: Your baby can keep rhythm by bouncing a little. Dance by putting baby's body in different positions. This helps his perceptual motor learning.

Social-emotional: Your baby is learning how to have fun and be silly with you when you dance together. The patterns of music and different rhythms of your favorite songs stimulate your baby's brain circuitry. Your baby is born with a sense of rhythm and loves it.