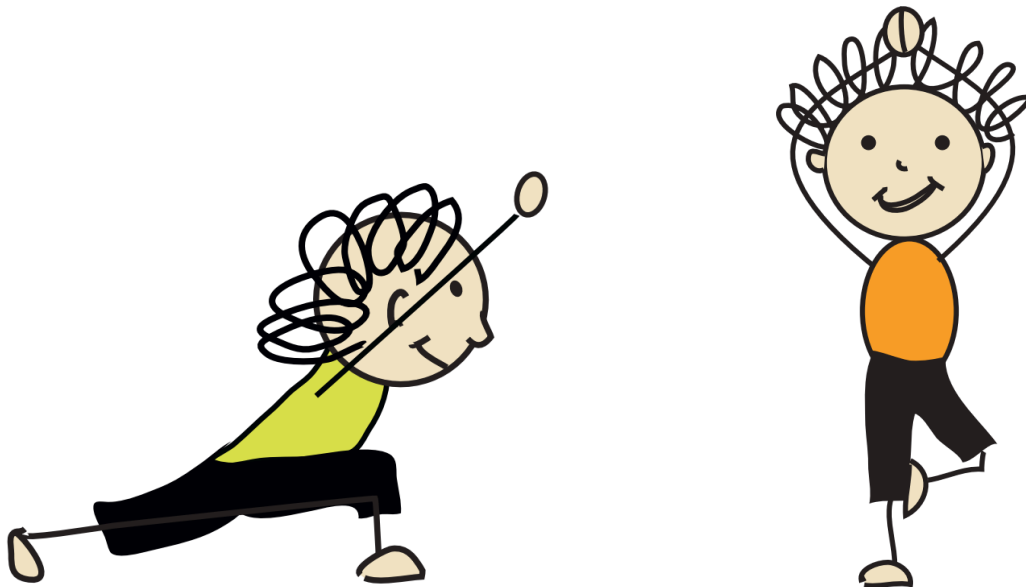




What we offer

- Yoga inspired, fun, multi-sensory classes to encourage movement & aid development
- Created by paediatric physiotherapists, educationalists, yoga specialists, musicians & speech therapists
- Aligned to the Early Years Foundation Stage (EYFS) 2017
- Our stories follow the adventures of 'Baby Bumpkin' or 'Tatty Bumpkin' linking activities in a logical progression for meaningful play





Our Baby and Tatty Bumpkin Programmes

1. Forward looking

The 52 week class programme is aligned to the current EYFS curriculum. Each story supports the three characteristics of learning outlined in the 2017 framework as well as creating the opportunity for children to develop in the three prime areas of development i.e.

- Personal, social and emotional development
- Communication and language
- Physical development.

2. Practical & Fun

No specialist equipment is needed, just an active imagination. Classes can be done inside or outside in a garden/play area.

3. Flexible Outcomes

The programmes can reinforce areas that are a priority for the children and families in your setting i.e. floor play, communication skills, tackling obesity.

4. Fully Resourced

Unique and colourful certificates are available for both programmes to support families at home.





Key Benefits

- **Safe**
Classes based on adapted yoga poses ensuring babies and children are encouraged to gently stretch without strain and to move on the floor without anxiety
- **Graded activities promote development**
Yoga inspired postures work in a developmental sequence and are easily adapted to the individual. The poses encourage appropriate skills for the baby or child i.e. Tummy time, foot play, independent sitting, crawling, standing, on-going balance and the acquisition of more complex gross and fine motor skills.
- **Sensory processing skills using the multi – sensory approach**
Senses are 'food for the brain'. Sessions offer carefully structured, sensory experiences to promote attention, engagement and sensory organisation without being overwhelming.
- **Stories ignite imaginations**
Sessions revolve around a story to bring a sense of fun for children, babies and their parents. Wrapped in a story the postures and activities are less daunting and easier to remember.
- **Early communication skills/ Child led**
 - a. Our songs and rhythms have been specifically written for the programmes to nurture early communication skills and aid understanding
 - b. Our stories encourage children to make a variety of sounds to aid their early language development
 - c. Children have the chance to voice their own suggestions.



- **Social Skills**

Our music and poses encourage babies and children to develop a basic understanding of themselves as individuals how to actively explore their environment. The babies and children have the opportunity to discover their likes and dislikes and hence start to build their self-confidence and belief in themselves.

- **Relaxation and massage and bonding**

Relaxation and massage elements of the sessions offer time for the babies, children and parents to relax their bodies and enjoy the benefits of physical touch. Reinforcing body awareness, confidence and the bonding process.

- **Pre - writing skills**

The poses and activities encourage eye, head, trunk and shoulder control which provides a foundation for more complex fine motor skills.

- **Correct postural alignment**

It is never too early to promote good posture! Poses help to develop emerging core muscle strength promoting correct alignment of the spine and pelvis.

- **Inclusive**

All the poses and activities are adapted to suit babies and children at all stages of development. The programme is ideally suited for babies and children with special needs

i.e. Prematurity, Cerebral Palsy, Downs Syndrome and Developmental Delay.

- **Parental Involvement:** A colourful sequence of Baby and Tatty Bumpkin 'Rainbow Certificates' provide a valuable resource for parents giving ideas for play at home.

- **Gentle activities for mums and dads**

The class incorporate stretches and strengthening exercises for parents, to help counteract problems of incontinence, back pain and obesity.



What do People Say?

"Parents and practitioners looking for creative starting points (and plenty of support) to develop children's natural learning need look no further. Tatty Bumpkin focuses on what's *really* important for young children's learning -- first-hand experience, movement, music, stories, real-life interaction and free-flow play! The most important lessons in life are caught, not taught -- and Tatty Bumpkin will help you help your children 'catch' them... and have lots of fun along the way."

- Sue Palmer, independent literacy specialist and author of 'Toxic Childhood'

"Tatty Bumpkin is a wonderful way to link movement with the spoken word. The children benefit from routinely hearing the songs. Tatty Bumpkin encourages the development of good attention and listening skills, understanding, expressive language and social skills in a fun and physical way."

- Viv Hambrook, Speech and Language Therapist

"I liked blowing the feathers – they made me feel happy" "I liked feeling the pink duck on my tummy when I went to sleep" "Jumping over the stones and saying splash! Made me feel jumpy"

- Children at London School

"The children have gained a great deal from the yoga sessions delivered by Tatty Bumpkin. I hear children talking about the sessions they have had and have seen them practicing what they have done in the garden particularly. I can see the enjoyment the child's gain from these sessions and the wider learning that is encouraged. I love the way that every child can feel included in the sessions and that each activity can be pitched for the individual child"

- Karen Creighton Nursery Manager Nottingham

