

## Welcome to Parent/Tot Gymnastics

Dear Parents,

You are about to participate in a fun bonding activity with your toddler. Our lessons are created to provide developmentally appropriate large muscle movement along with fine motor activities to keep you and your child entertained and active. Here are a few safety reminders for a successful class:

- \* Please stay within arms reach of your child
- \* Do not use any equipment that has not been instructed by the teacher
- \* The teacher will explain ways for you to help your child succeed. Please watch the demonstrations
- \* Dress comfortably and use appropriate walkways as directed by the teacher
- \* Every now and then a toddler will not want to conform to the situation at hand. If there is a “melt down”, please remove them from the group until they are calm, and then join again.
- \* We expect that the children will wander at first from the group. Please immediately go and retrieve them for safety reasons.
- \* You will see a variance in the ability levels of children in class. Try not to compare your child with another. They may be older, have been in class longer, have an older sibling that they have been watching, or many other reasons.
- \* Cheer the children on! This is a fun time together for you and your child!
- \* Please ask if you have any questions.
- \* ***I understand as an active participant in this class I am here to guide my child and am not permitted to go onto any of the equipment.***

Thank you and have a great class!