

Yoga for Babies? Why Babies, and Parents, May Benefit from Doing Yoga

In addition to a number of yoga for babies DVDs, there are a growing number of classes offered at local yoga studios. When a baby can't stand, you might wonder how they can practice yoga and how it can be beneficial for them.

Baby Benefits Yoga Style

Babies never stop moving and many of those movements are naturally designed to alleviate discomfort. For example, when you baby arches their back, they may be trying to alleviate gas pain. These natural movements are mimicked in yoga and can be preventative. Here are just a few of the many potential benefits to your baby.

Better health ? Some studies have indicated that baby yoga can help prevent future ailments like irritable bowel syndrome. Similar studies have shown that there can be an improvement in their immune function, thus helping to prevent colds and viruses ? which means less stress and more sleep for you!

Better sleep ? Exercise helps improve the quality and quantity of sleep for people of all ages and it's true for babies as well. If your baby is struggling to sleep through the night or they're not getting the quality sleep they should be, consider trying yoga.

Muscle strength and development ? Baby yoga is performed with the assistance of an adult. You'll manipulate your baby's body to help position them into specific poses. These movements help strengthen their muscles and aids in development and coordination.

Bonding ? If you're working with your baby during the yoga sessions then there will undoubtedly be some bonding. You'll pay attention to your baby's cues, touching your baby which fosters oxytocin release and enhances bonding, and learning to connect with each other. IT may be one of the most significant benefits.

Mental stimulation ? As your baby's body is moved into various poses, they'll be making powerful mind-body connections. These connections are mentally stimulating and the connections will carry them into their childhood and beyond. It teaches them to be aware of their body and enhances the learning process.

Special Considerations

Because you're working with a young baby, special care needs to be taken. The movements should be slow and gentle. Young babies need to have head and neck support, and soft spots need to be protected. Additionally, if your baby has tight ligaments and joints then extra care needs to be taken.

Pay special attention to your child during yoga sessions. If they look uncomfortable or unhappy, release the pose. Additionally, baby yoga isn't designed for 60-90 minute sessions like it is for an adult. Fifteen minutes is a good time frame to aim for.

Baby yoga can provide a number of benefits for both baby and parent. Your little one may carry what they learn into their life. Imagine doing yoga with your teenager! It can, and does, happen.