Why Mum and Baby yoga?

Your baby has spent the last 9 months being gently rocked within the womb. During the post birth phase, it is important for your baby to experience gentle movements along with other sensory stimulation including touch and sound. Mum and baby yoga can provide support with approaches to handling your baby safely and sensitively; enabling you to enjoy your time together during each stage of development. Interacting with your baby through touch, movement, sound and play will help to develop a strong nurturing bond between you and your baby.

Along with the emotional benefits mum and baby yoga helps promote good sleep and can help to calm and settle a fractious baby.

The interaction and gentle massaging movements of baby yoga will help stimulate your baby’s nervous system and digestive tract along with encouraging the development of the brain. Baby yoga can help to keep your baby happy and content by reducing symptoms such as colic and trapped wind.

Learning the skills to practice baby yoga at home will help you both to get to know each other and help you to recognise cues from your baby. Additionally, the bond between parent and child can be enhanced by practising yoga and relaxation together thus helping to expose your baby to positive social interactions from a very early age. A happy baby is a happy child 😊