

# Little Voices for Healthy Choices

## Aeroplane

### Experience

Pick up the child, holding them horizontally so the child is facing the ground. (Young infants can stay facing up.) You are ready to move your child as if they are an airplane. Young infants should take a smooth and easy ride, with gentle swaying in different directions. Child should maintain contact with adult torso at all times.

Older infants and toddlers may be excited about bounces, bumps and quick turns, even able to sail away from your body, while you have a firm grip with your arms and hands.

Sway side to side while singing,  
"Aeroplane aeroplane in the sky, Aeroplane aeroplane flying high"

Walk across the room so they can go for a "ride". Stop, turn the child to face you if needed. Sway side to side while singing,  
"Aeroplane aeroplane in the sky, Aeroplane aeroplane flying high"

Walk across the room again, this time dipping the child down low and then back up to continue walking. Stop, turn the child to face you if needed. Sway side to side while singing,  
"Aeroplane aeroplane in the sky, Aeroplane aeroplane flying high"

Walk across the room again, this time dip, turn around and then continue walking. Stop, turn the child to face you if needed. Sway side to side while singing,  
"Aeroplane aeroplane in the sky Aeroplane aeroplane flying high"

Walk across the room one more time with a dip, turn, a bounce or bump and then continue walking.

To close, stop, turn the child to face you if needed. Sway side to side while singing,  
"Aeroplane aeroplane in the sky, Aeroplane aeroplane flying high"

In a community or group setting, come into a circle and let each caregiver/child pair, "fly" into the center and "fly" back out.

### Impact

This experience will have you turning and swirling with a child. You'll be providing important vestibular stimulation. This kind of activity not only helps the child's sense of balance but also stimulates a developing part of their brain.

### Possible Modifications

Young infants should take a smooth and easy ride, with gentle swaying in different directions. Child should maintain contact with adult torso at all times.

Older infants and toddlers may be excited about bounces bumps and quick turns. They may even be able to sail away from your body, while you have a firm grip with your arms and hands.

In a child care or classroom, you can do this one child at a time but the "airplane rides" should be much shorter in duration than with one child.

Pregnant moms can do this themselves by dipping down, turning around and walking in sweeping curved pathways.

For a seamless dance, turn on some music and move all around the room. You can repeat the sequence above without singing in between. If you'd like you can still stop after each pass. Keep an eye and an ear open for your child's favorites. Listen for laughter and squeals. Do it again, do it again!

