

Encouraging Health and Wellness for Babies and Toddlers

Learning Module

The resources in this module provide music and movement experience that can be used to promote health and wellness while fostering the connection between the adult and child.

The material in this module fosters quiet time between adult and child, provides vestibular stimulation important to brain development, teaches about body parts, creates positive feelings about healthy food, and promotes fun exercise.

The experiences in this module were developed for Little Voices for Healthy Choices, A National Initiative for Early Head Start (EHS) and Migrant and Seasonal Head Start (MSHS) administered by the Early Head Start National Resource Center.

Included Resources and Experiences:

1. Little Voices for Healthy Choices: My Dear Baby
2. Little Voices for Healthy Choices: Aeroplane
3. Little Voices for Healthy Choices: Give me the Beat
4. Little Voices for Healthy Choices: Carrots in my Soup
5. Little Voices for Healthy Choices: Little Frogs Jump

1. LITTLE VOICES FOR HEALTHY CHOICES: MY DEAR BABY

Developed by Kofi Dennis

Description and Objectives:

In this experience, Wolf Trap Teaching Artist Kofi Dennis shares a lullaby that fosters quiet play interaction between an adult and a child.

Associated Media:

1. *Instructional Documentation: My Dear Baby.pdf* (14.34 KB)
2. *My Dear Baby by Kofi Dennis.mp3* (3.4 MB)

You can find this individual content here:

<https://education.wolftrap.org/content/little-voices-healthy-choices-my-dear-baby>

2. LITTLE VOICES FOR HEALTHY CHOICES: AEROPLANE

Developed by Krissy Marty

Description and Objectives:

In this experience, Wolf Trap Teaching Artist Krissy Marty demonstrates how to use dance to provide young children with important vestibular stimulation.

Associated Media:

1. *Instructional Documentation in English: Aeroplane.pdf* (17.96 KB)
2. *Instructional Documentation in Spanish: Aeroplano-Spanish.pdf* (20.41)
3. *Aeroplane by Krissie Marty.mp3* (1.34 MB)

You can find this individual content here:

<https://education.wolftrap.org/content/little-voices-healthy-choices-aeroplane>

3. LITTLE VOICES FOR HEALTHY CHOICES: GIVE ME THE BEAT

Developed by Yvette Holt

Description and Objectives:

In this experience, Wolf Trap Teaching Artist Yvette Holt shares a repetitive chant that uses steady beat to teach and reinforce body parts.

Associated Media:

1. *Instructional Documentation: Give Me the Beat.pdf* (14.11 KB)
2. *Give Me the Beat by Yvette Holt.mp3* (5.06 MB)

You can find this individual content here:

<https://education.wolftrap.org/content/little-voices-healthy-choices-give-me-beat>

4. LITTLE VOICES FOR HEALTHY CHOICES: CARROTS IN MY SOUP

Developed by Sylvia Zwi

Description and Objectives:

In this experience, Wolf Trap Teaching Artist Sylvia Zwi shares a repetitive chant that uses melody and steady beat to create positive feelings about a healthy food.

Associated Media:

1. *Instructional Documentation in English: Carrots in My Soup.pdf* (14.3 KB)
2. *Instructional Documentation in Spanish: Zanahorias en Mi Sopa.pdf* (14.68 KB)
3. Carrots in My Soup by Sylvia Zwi.mp3 (3.47 MB)
4. Zanahorias en Mi Sopa de Sylvia Zwi.mp3 (4.34 MB)

You can find this individual content here:

<https://education.wolftrap.org/content/little-voices-healthy-choices-carrots-my-soup>

5. LITTLE VOICES FOR HEALTHY CHOICES: LITTLE FROGS JUMP

Developed by Sue Trainor

Description and Objectives:

In this experience, Wolf Trap Teaching Artist Sue Trainor shares an experience that is designed to promote heart-healthy jumping while teaching positional concepts.

Associated Media:

1. *Instructional Documentation: Little Frogs Jump.pdf* (90.92 KB)
2. Little Frogs Jump by Sue Trainor.mp3 (3.91 MB)

You can find this individual content here:

<https://education.wolftrap.org/content/little-voices-healthy-choices-little-frogs-jump>