

Tumbling fun is more than just a game

By HEATHER McCracken

It's not rough, but be prepared for the odd tumble.

Mt. Albert mum Caroline Panesar has developed a programme for parents and toddlers that's all about getting physical.

The massage therapist says parents sometimes forget the importance of having physical contact with kids.

"We do it when they're babies quite automatically.

Then when they start to walk and talk you're always managing their behaviour and trying to stop them touching things.

She developed the programme with friend Eva Scherer after researching the importance of touch in developing a strong bond between parent and child.

Mrs. Panesar came up with the activities through playing with daughters Raianne, 6 and Diya, 3.

"I noticed it made a big difference. They're calmer, they're happier in themselves, there's less tantrum behaviour and conflict within the house" she says

In classes for babies to two-year olds, the focus is on developing a sense of trust through holding and rocking the child.

For three to four-year olds, the games are more physical and encourage kids to use their imagination.

"Parents can also discover their toddlers world world again. I think there's more fun to be had like that," Mrs Panesar says.

A free introductory class will be held at Mt. Albert YMCA at 10am on Wednesday.

Regular sessions will be on Wednesdays from February 14

For more information phone 845-6453