



# PARENT & KINDER SQUIRREL

Our Preschool (Active Start) program is designed for children under the age of 6. With our fun Themes that change around every 2 weeks, Altadore's Preschool program is a FUN introduction to a structured gymnastics class that involves basic movement skills for children who are walking independently. All classes are taught by NCCP Certified Coaches.

## **Stay Engaged and Active:**

Your attention and engagement provides a model for your child through the activities and keeps them focused. Be ready to demonstrate, encourage, and support them when needed as they explore new movements.

## **Model Positive Behavior:**

Show enthusiasm, attention and patience during class. Young children often mimic their parents' attitudes, so staying upbeat and demonstrating "watching and listening" behaviours can help them stay engaged.

## **Encourage, Don't Force:**

Some young children may hesitate to try new things. Offer encouragement and celebrate small successes without pushing them beyond their comfort zone.

## **Promote Independence Gradually:**

Let your child try things on their own where appropriate, but always stay nearby to assist if needed. This helps build their confidence and skills. It also helps children maintain focus when parents move around stations instead of gathering in one spot, keeping all gym movement pathways open and clear.

## **Set a Positive Example for Listening and Sharing:**

Lead by example. Encourage turn-taking and sharing equipment. Show your child how to wait patiently and celebrate when they do the same. Show your child how to sit quietly and listen when the coach explains and demonstrates a station.

## **Safety First:**

Keep an eye on your child and guide them as needed to use equipment as demonstrated by the coach. Avoid allowing them to run around unsupervised or use equipment in unintended ways. Although independence is the goal, Parent & Kinder Squirrel classes still require active engagement and attention from parents for the duration of class.

## **Dress for Success:**

Make sure both you and your child are dressed in comfortable, stretchy clothing and that your child is barefoot to ensure a safe grip on equipment.

## **Redirect as Needed:**

If your child becomes distracted or upset, gently guide them back to the activity or offer a brief break if needed.

## **Limit Distractions:**

Avoid using phones or chatting with other parents during class. Your active participation helps your child stay engaged.

## **Be Patient:**

Active Start classes are about exploration and development, not mastery. It's normal for children to have ups and downs in participation and focus. It's also normal for children to miss or "skip" specific skills as they learn to navigate gymnastics rotations – that's ok!

## **Ask Questions if Needed:**

If you're ever unsure about your role or an activity, don't hesitate to ask the coach for clarification.