

Is Your Child Ready for Little Dippers?

With 2 & 3 year olds, it can be hard to tell! Here are a few things that our coaches look for when determining whether your child is ready to participate.

1. Is your child still crying and unable to be consoled or put down after 5 minutes?

If so, your child may not be ready to be away from you at gymnastics yet. If this is the case, our coaches will bring your child back to you after 5 minutes so that you can help them to feel comfortable. Please stay and let your child watch by your side in the observation area for the remainder of class time. He or she may just need to watch and see what gymnastics class is all about. Either way, please stay the entire time and talk to your child's coach afterward. The coach will be able to help you form a plan and let you know if your child should try again next week or wait a month. Trialing multiple times is totally normal!

**If you would like your child given back to you sooner than 5 minutes, please let your child's coach know before class begins.*

2. Is your child able to follow simple instructions such as "sit on your shape", "follow me", or "stay with the class"?

This is a good indicator that your child is ready! The gym is a busy place. There are many sights and sounds that your child may have never experienced before. If amidst those things your child is still able to follow instructions, then that probably means he or she is ready to learn! If your child begins to wander or run off or have a hard time staying with the group, the coach may have to bring him or her over to you for a brief pep talk. If this happens, please explain that we are trying to keep them safe and if they run away from the coach or the group, just like if they ran away from you in a parking lot, they might get hurt. Sometimes this is all the child needs and afterwards can return to class. If the running or wandering off continues the coach may need your child to stay in the observation area and watch by your side for the remainder of class. Please do not see this as a punishment, but as a means of learning boundaries that will keep your child safe. As always, please stay for the entire class so that you can talk to your child's coach afterward.

3. Can your child look to the coach for instruction instead of the parent?

This can be tricky! For some children, this will be their first participation in an activity away from mom or dad. It is natural for them to look to you for reassurance! Parents, we want you to encourage your children! However, we ask that you leave the coaching to the coaches. It can be confusing for children if they are not sure who to look to for instruction. So technically, this one is a little more for the parents 😊

Our goal is to look out for the safety and well-being of all of our participants. We want happy little gymnasts who are not only having fun but are also learning how to learn in the process! Thank you for allowing us to partner with you in your child's development!