

# Mums & Tots Lesson Plan Guidelines.



Doing a mums and tots Pilates class is always going to be a fun challenge as any toddler will most definitely have their own ideas of what they want to do and get involved in.

Have mats and toys around the edge of the room for toddlers to go and wander around and get involved with mum as and when they like it.

As a general rule have a basic plan per class and allow toddlers to interact with you, mums and other mums and tots. They will just do there own thing and encourage that.

Keep it fun and easy going as the noise level is going to be HIGH!

Its also incredibly challenging for mum holding the toddler and running after them so it really is a good workout.

Ask your mums to bring their own mat for mum and one for toddler plus toddlers favourite toy.

Plan for chaos with lots of plan b ideas and just go with it!

Toddler will also need to have a beaker to have sips of water throughout.

This type of class is going to attract health conscious mums so consider talking about baby nutrition, sharing parenting tips, activity tips etc.

Advertise a special one off masterclass then run in 4 week blocks  
Minimum £40 per block This is a specialist programme and offering.

## Music suggestions.



Pure Energy Mind/ Body 19/20/21 are fantastic I like vocal music but choose music you love.

## General Class 45 minute class plan.

5 - 10 minutes

Standing - Breathing  
connecting with toddler through breath.

Basic mobility work encouraging toddlers to join in.  
Encourage mum to mobilise her key joints and move toddlers key joints manually Encourage eye contact and expect toddlers to be totally doing their own thing.

## Standing Sequences - Simple functional standing sequences. 10 Minutes.

Squats

Lunges

Multiplane lunge matrix.

If toddler is appropriate weight can hold as squat for extra resistance.

**Floor Exercise - Supine with toddler. 10 - 15 minutes.**

Half roll backs Full roll ups Shoulder bridge. Table tops

Small curls

One leg stretch Double leg stretch.

**Back Exercises**

**10 minutes.**

\*\*\*Toddler will probably jump on mums back at this point\*\*\*

Back Extension

Swimming

Back Extensions with rotation.

**On all fours**

Superman Cat stretch

**Stretch and Relaxation**

Together lots of cuddles with toddlers and bonding time.