

PATTI DUNNE'S SCHOOL OF GYMNASTICS

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GUIDELINES FOR ME AND MY SHADOW

Our Me & My Shadow program is designed to provide opportunities for growth, exploration and interaction for parent and child. The following will help you and your child have a fun and rewarding experience in gymnastics.

Patti Dunne's is proud to have a skilled and nurturing staff of preschool instructors. Our goals for the year are to develop happy, confident, respectful and physically adept children. We do this through a structured atmosphere of fun and safety here at Patti Dunne's! We stress listening skills, self-esteem, fairness, social skills, physical skills, creativity and laughter. We accomplish this through the medium of gymnastics.

The instructor will be your guide through the various setups, but it is ultimately you who will be teaching your child. Ask questions if you don't understand the skill or the correct way to spot your child through it. PLEASE ASK. We are always willing to help and provide encouragement and support.

When starting a station, instruction will be given for each piece of equipment, so you will be familiar with the skills we are introducing. For safety reasons, your instructor will wait for everyone in the group to be at the "listening spot" before starting. Please join together quickly because our little ones get restless having to wait.

Please keep your child with the group. It is unsafe to him/her and to the other classes in the gym if we allow children to run freely around the gym. The discipline needed to stay at the assigned area is a goal in itself. If your child does wander off, redirecting him/her with a firm but gentle, "Let's stay with the children in our group" or "Let's take our turn on the beam now, we can do bars later" is much more effective in the long run than threatening to leave.

To minimize distraction and "the snowball effect", if a child is crying or yelling and cannot be brought back on task, we recommend parent and child taking a rest in the locker room, and returning when the child is calm and "ready to return to play."

At each area (bars, beam, tumble-track, vault, floor & pit) a circuit is set up. Repetition of skills leads to mastery of them. Our eventual goal is to encourage sequence and turn taking; however, if your child is accomplishing something at one particular station, he/she should not be rushed along. It is not necessary for these little ones to constantly be moving to a new station. If one area is busy, feel free to encourage your child towards a different set up to minimize waiting.

Caution: Toddlers joints are unstable at this early age. Please avoid allowing little ones to hang too long on bars or rings. Use support around their waist area to eliminate full extension of the shoulder socket area. Parents should also avoid hanging on to one arm as a spotting method on landing skills. A more appropriate safety method would be to stand in front of the child and hold both hands to assist their landing.

Praise is important. Let your child know that you are pleased with their accomplishments, no matter how small...waiting his/her turn, sharing, staying with the group. Your affirmation will encourage them and build their self-esteem.

We ask that cell phones remain off for the duration of the class. They are distracting to instructors and the children. In addition, we ask that parents help to set a good example for the children by not socializing during warm-ups or station explanation.

Relax. Enjoy this time to play together. Interaction is the key. Get up on the beam and walk with your child, do log rolls together! It is fun and enjoyable for the child to see the parent doing the same skills. Your participation will increase theirs. Gymnastics class should be a fun and memorable time for you and your child.

Thank you for trusting us with your most precious gift, your child. We will treat them with utmost care and respect. If you have any questions or concerns, please do not hesitate to speak to your child's teacher. Welcome to Patti Dunne's School of Gymnastics!

**"Teach children they can achieve, and they will
carry this lesson with them for life."**