

TIPS TO PREPARE FOR KINDERMUSIK FOR YOUR CHILD WITH SPECIAL NEEDS

1. Give your child a snack and a drink before coming to class. When physical needs are met, a child is more ready to process the sensory stimuli that may be overwhelming.

2. Discuss class with your child multiple times a day, every day leading up to class. (E.g.: "We're going to music class! We hear music there. We see other children and their parents. We play with hard instruments. Mama stays with you and holds you as much as you need!" Bonus points for a visual routine for the babe! Here is one you may use:

When we go to Kindermusik class...			
 <p>We hear music</p>	 <p>We see children & parents</p>	 <p>We play instruments</p>	 <p>I hold you whenever you need</p>

3. Please come to class early. If it's your first class, please come 15-20 minutes earlier than other families, with dimmer lights and soft music. Every few minutes, add a change (lights on, upbeat music, instruments set out, etc.)



4. If your child has a comfort item, let him have it. The other kids will adjust.
5. If he has headphones/earplugs to quiet the sounds, utilize those too. Feel free to pick a mat or special corner of the room and gently sway together before your child gets too worked up.
6. We will also be more aware to arrange our class activities to have a grounding, calm experience after each high energy one. (E.g.: After ball play, we may do a dance where mamas sway with their babes, or a listening activity in mamas lap.)

We look forward to supporting you before, during and after your weekly Kindermusik class! Please know, we are in a “no judgment zone” and our curriculum makes space to be inclusive of everyone. We respect each child’s space, choice, personality and gifts. We hope you will comfortably acclimate with your child in this weekly welcoming safe space where they can blossom and grow with you!

Hugs,
Ms. Nicole
Sensory Play Sensei