



**ACTIONS
SPEAK**

MAMA + BABY BOOTCAMP

Playground Edition

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User Guide

Introduction:

Sometimes as parents we forget that we need exercise too, but it's not always easy to find the time. Introducing: Mama and Baby Bootcamp: Playground Edition. In this resource, you will find different ways you can use playground equipment to get yourself and your babe moving. It's fun, it's motivating and it's possible!

What's included:

- Visuals and written descriptions of a playground workout for both Mama + Baby
- 3 types of workouts based on skill level: beginner, intermediate and advanced.
- Modified exercises for baby
- Ways to incorporate language: spatial concepts
- Suggested tips and tricks

Who should participate:

- Anyone who is ready and willing to exercise! If you are new to exercising, check in with your doctor to see if you are ready to start a program.
- Exercises included are appropriate for toddlers mainly in the **15 mo- 24 mo age range**.
- Kiddos receiving services or who are *low tone (appears floppy, highly flexible, poor posture and easily fatigues)* may need more support. Please contact us here actionspeakkids@gmail.com or touch base with your current OT/PT to see if exercises are appropriate for them.

How to participate:

- Start your exercise with a warm up and finish with a cool down.
- Listen to your baby! IF they want to engage, great! If not, follow their cues.
- Listen to YOUR body. If an exercise doesn't feel right for you, move on to the next. Feel free to contact us via email if you need extra support actionspeakkids@gmail.com.
- Make sure to supervise your kiddos while you're participating in your exercises. We provide more tips on how to do this in the following pages!
- Have fun!
-

Suggested Supplies/Environmental Set-Up:

- Sneakers
- Water





MAMA + BABY BOOTCAMP

Other Suggestions, Tips & Tricks

FAQS

How do I keep my child occupied while I move?

We recognize that some of the exercises for mama require more involvement of your child than others! So how can your child stay occupied when the exercises are geared more toward mama? If your child is too old to sit comfortably in their stroller, and too young to play on the playground without you being right next to them (you know we are referring to that sweet spot—toddlers) here are some suggestions to keep them occupied for short spurts while doing your exercises:

- Bring a simple toy (truck/car/puzzle) that they can play with for a short period of time.
- Encourage them to sing a song while you move (for example, instead of counting reps, do the movement for as long as it takes to sing the ABCs).
- Even if the exercise isn't geared toward your child, have him/her take turns and let him/her do the movement in anyway.

What if I'm new, or if my body hasn't moved like that in awhile?

Always keep in mind that these are suggested guidelines. You can modify workouts as you see fit. It isn't necessary to hit every goal. Remember the overall goal is to get moving. And you know your body better than anyone else!



MAMA + BABY BOOTCAMP

Other Suggestions, Tips & Tricks

FAQS

What if the playground I go to doesn't have the equipment?

Many of these exercises are geared toward typical playground equipment (slides, swings, benches, etc). If you come across a playground that doesn't fit these needs, modify exercises as necessary. If you have questions on how to do that, reach out to us (actionsspeakkids@gmail.com) at any time.

How often should my baby participate in this type of workout?

According to Shape America, it is recommended that toddlers engage in a total of:

- at least 30 minutes of structured physical activity each day (adult led activity).
- at least 60 minutes of unstructured physical activity.

Mama + Baby Bootcamp is a great way to have your child engage in physical activity without it seeming like hard work. It is not always easy to get to a park or a playground. So find what works best for you and your family.

How often should I participate in this type of workout?

According to the Physical Activity Guidelines for Americans, adults should engage in

- at least 150 minutes a week of moderate-intensity physical activity
- OR 75 minutes a week of vigorous-intensity aerobic physical activity

Work on incorporating a program like this at least 3x/week, with rest days in between to give your body a chance to efficiently recover.




MAMA + BABY BOOTCAMP


Playground Edition

BEGINNER


MOMMY'S WORKOUT

1 


WALK

2 


SIT TO STAND

3 

BAR HANGS

4 

MODIFIED SIT UP

5 

COOL DOWN

GOAL

1 Round

20 Minutes

GOAL

3 Rounds

10x Each

GOAL

3 Rounds

10 Seconds

GOAL

2 Rounds


10x Each

GOAL


5 Min Walk

5 Min Stretch


BABY'S WORKOUT

6 


WALK

7 


CLIMB

8 

BABY HANGS

9 

SUPPORTED SWINGING

10 

COOL DOWN

GOAL: Follow your child's lead, model healthy life style habits and play along side them! The goal is about exposure to different forms of play/strengthening work. If your babe doesn't want to participate, that's OK! *Please review the next page for and explanation of the exercises.* And don't forget to have fun!



MAMA + BABY BOOTCAMP


Playground Edition

INTERMEDIATE


MOMMY'S WORKOUT

1 


WALK/RUN

2 


STEP UPS

3 

CHIN ABOVE BAR HOLD

4 

MODIFIED SIT UP

5 

COOL DOWN

GOAL

1 min Walk + Run Alternate
20 Minutes Total

GOAL

3 Rounds
10x Each

GOAL

3 Rounds
10-20 Seconds


GOAL

2 Rounds
10x Each


GOAL

5 Min Walk
5 Min Stretch


BABY'S WORKOUT

6 


WALK/RUN

7 


CLIMB

8 

BAR HANGS

9 

SUPPORTED SWINGING

10 

COOL DOWN

GOAL: Follow your child's lead, model healthy life style habits and play along side them! The goal is about exposure to different forms of play/strengthening work. If your babe doesn't want to participate, that's OK! *Please review the next page for and explanation of the exercises.* And don't forget to have fun!




MAMA + BABY BOOTCAMP


Playground Edition

ADVANCED


MOMMY'S WORKOUT

1 


RUN

2 


STEP UPS

3 

PULL UPS

4 

SWING SIT UP

5 

COOL DOWN

GOAL

1 Round

20 Minutes

GOAL

3 Rounds

10x Each

GOAL

3 Rounds

2-5x Each

GOAL

2 Rounds

10x Each

GOAL


5 Min Walk

5 Min Stretch


BABY'S WORKOUT

6 


WALK/RUN

7 


CLIMB

8 

BABY HANGS

9 

BABY SUPERHUMAN

10 

COOL DOWN

GOAL: Follow your child's lead, model healthy life style habits and play along side them! The goal is about exposure to different forms of play/strengthening work. If your babe doesn't want to participate, that's OK! *Please review the next page for and explanation of the exercises.* And don't forget to have fun!

Playground Edition

DESCRIPTION

MOMMY'S WORKOUT



WALK/RUN



SIT TO STAND



STEP UPS



MODIFIED SIT UP



SWING SIT UPS

CARDIO

WALK/RUN:

If you are just beginning your fitness journey, start by walking for as long as you can, and build up to 20+ minutes. Once you are able to do that, mix in running (1 min walk, 1 min run). As your endurance improves, increase your running intervals until you are able to run for the full 20 minutes. **ASK Challenge:** Complete this same set (1 min walk/run) over a hilly terrain to help build your overall endurance.

LOWER BODY

SIT TO STAND:

Start by sitting down on a park bench. Engage your core muscles by alternating from sitting to standing up while not using your hands for support to push up. Complete 3 sets of this exercise, 10x each. Take a 30 second-1 minute break between sets. **ASK Challenge:** Add some resistance by having your baby join you! Standing upright, hold your baby's back to your chest. Wrap one arm across your child below their arms. With your other arm, hold your child's legs (as if they are sitting in a chair) Complete the same set 3 rounds x10 reps.

STEP UPS:

Stand facing the park bench. Step up with right foot, and follow with your left foot so you are standing fully on the bench. Then step down (right foot first, followed by left foot). Alternate different starting foot for each step up. Complete 3 rounds of this exercise, 10x each. Take a 30 second-1 minute break between sets. **ASK Challenge:** As you get stronger, have your baby join again (aka hold your babe) while stepping up. The best way to support your baby during this exercise is along side your hip.

CORE

MODIFIED SIT UP:

Have your child lie on a swing facing down. Sit on the ground so you are facing your child. Rock backwards to about 45 degrees and then rock forward to a sitting position while holding your child's hands. You can engage in peek-a-boo every time you pop back up. Complete 2 sets of this exercise, 10x each. Take a 30 second-1 minute break between rounds.

SWING SIT UPS:

Have your child lie on a swing facing down. Sit on the ground so you are facing your child. Lie flat on the ground while holding your child's hands and swing your child to you. Swing child back to center, and then come back up to a sitting position. Complete 2 sets of this exercise, 10x each. Take a 30 second-1 minute break between rounds.



MAMA + BABY BOOTCAMP

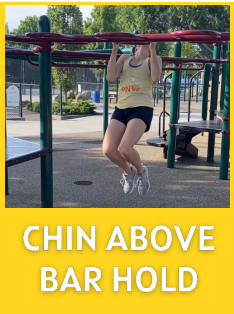
Playground Edition

EXERCISE DESCRIPTIONS

MOMMY'S WORKOUT CONT.



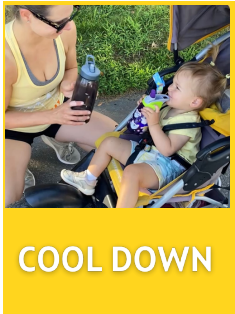
BAR HANGS



CHIN ABOVE BAR HOLD



PULL UPS



COOL DOWN

UPPER BODY

BAR HANGS: Grasp the bar/monkey bars with extended arms and your feet off the ground (can bend knees if the bar is low to the ground). Hold bar for as long as you can, while building up to 10 seconds. Try completing this exercise 3x.

CHIN ABOVE BAR HOLD: In order to perform this exercise, it is best practice to have someone assist you into this position or stand on something stable to bring you into the position. Once you are in position (holding chin over bar) work to maintain this position for 10 seconds. Try building up to 3 sets.

PULL UPS: Grasp the bar/monkey bars with extended arms and your feet off the ground (can bend knees if the bar is low to the ground). From an extended arm position, pull yourself up until your chin is above the bar then lower yourself into the starting position. Repeat 2-5 repetitions up to 3 sets.

WARM UP: Engaging in a warm up is important because it prepares your body for exercise by supplying the muscles with more oxygen. Increased oxygen helps our muscles work more efficiently! Engaging in a walk or completing simple body weight exercises are a safe way to prepare for a workout.

COOL DOWN: A cool down should be completed after each workout to help your body gradually recover to its pre-exercise heart rate and to prevent injuries. It is recommended to engage in at least 5 minutes of slow walking + 5 minutes of stretching post exercising.

Playground Edition

BABY'S WORKOUT



WALK/RUN



CLIMB

CARDIO

WALK/RUN:

Get your baby moving by encouraging them to run/walk! This is a great way to provide their bodies with different movement senses (vestibular and proprioceptive input) that help them regulate themselves. It is also a great way for them to develop better body awareness as they are engaging muscles throughout their entire body. Make it fun by:

- Playing "Red Light, Green Light": Using action words, like **STOP + GO** is a great way to start introducing simple directions. *This is also a fun way to work on impulse control--especially for older kiddos.*
- Playing "Hide and Seek" + "Peek-a-Boo": Use trees, benches, and other small obstacles as "hiding places." When you and your kiddos find each other, you can use simple phrases, such as **"I see you,"** or **"I found you,"** and of course **"Peek-a-Boo!"**
- Running FAST + Running SLOW: Give your child target words, such as **"fast, slow, turtle, rabbit"** to work on listening skills, while changing pace within walking/running activities.

LOWER BODY

CLIMB:

Climb those stairs! There are so many benefits to working on climbing with your kiddos. Not only does this provide strengthening for their lower bodies, but as they push their bodies upward, their upper bodies + core are involved as well. As with the running/walking, by activating your kiddos' muscles, we are helping them build a stronger sense of body awareness. Here are additional benefits from crawling/climbing: increased motor planning skills, bilateral coordination skills and weightbearing/building strength in their hands!

Playground Edition

BABY'S WORKOUT



BABY HANG



SUPPORTED SWINGING



BABY SUPERHUMAN

UPPER BODY

BABY HANGS

Have your babe grab a bar or a zipline (anything hanging, really) and let's start strengthening their hand and shoulder muscles! Engaging in this gross motor exercise helps to build a strong foundation for fine motor tasks such as opening and closing containers, manipulating utensils, and eventually to help them grasp a crayon/marker! It's never too early to start strengthening those muscles!

SUPPORTED SWINGING:

Some kiddos may not want to lie on their bellies and that's okay! Here is an exercise you can do with them instead that will still work on *building their core muscles*. Have your baby straddle the swing and support themselves by grasping the chain in the midline (yep this also works on midline skills!). **Supporting them at the hips**, slowly start to sway them side to side and front to back. As you move them, your baby will be working really hard to stabilize their core muscles to keep themselves upright. This is also a great for you if you're still working on building your core strength and don't feel ready to engage in the swing sit ups just yet!

BABY SUPERHUMAN:

Let's start em young working on their posterior chain muscles! AKA the muscles in the back of our bodies responsible for improving our posture. *Evidence shows that having good posture helps improve attention, boosts our moods, and increases energy levels!* To engage in this exercise, have your child lie on a swing facing down. Sit on the ground so you are facing your child. Lie flat on the ground while holding your child's hands and swing your child to you. Swing child back to center, and then come back up to a sitting position.

CORE



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But wait...how can we add in some language?

BASIC CONCEPTS

WHAT ARE BASIC CONCEPTS?

Basic concepts are the words that help us understand and relate to the world around us. Basically, basic concepts help describe the physical world and how we relate to it.

WHY ARE BASIC CONCEPTS IMPORTANT?

Basic concepts are critical in communication. They help us describe the when, where, and how of our environment. Think location, time, quantity and quality. Without being able to communicate those areas/needs, we would have difficulty understanding directions, completing tasks and expressing ourselves clearly. When children have difficulty understanding and using basic concepts, it not only can be extremely confusing and frustrating, but they often struggle academically. They have difficulty following directions in school, or understanding simple commands.

HOW DO WE TEACH BASIC CONCEPTS?

Since basic concepts are not something you can see or do, sometimes they are more difficult to understand and demonstrate. They are often abstract and confusing for our children. Because of this, it tends to be easier to show them within an activity, so it is functional and more concrete.

Our hope is to give you ways that will help your child comprehend basic concepts within physical activity and movement.

SPATIAL CONCEPTS

Today's focus: **SPATIAL CONCEPTS**. Spatial concepts help us understand where things are in relation to others. Simply put: location, location, location! Here's some different spatial concepts, and how to use them at the park.

| SPATIAL CONCEPTS <i>...AND HOW TO USE THEM FUNCTIONALLY</i> | DIRECTIONS <i>Examples of simple directions work on that incorporate these different concepts.</i> | COMMENTS <i>Ways you can just "chat" about what you are doing, without requiring any response.</i> | MAMA + BABY BOOTCAMP <i>These spatial concepts and exercises pair perfectly together.</i> |
|---|---|--|---|
| UP/DOWN | Run UP the hill. Climb UP the steps. Go DOWN the slide. Step UP, UP, UP | You are running UP the hill. Let's go DOWN the slide together. Mommy sits UP to say hi. | Walk/Run Sit to Stand Climb Modified Sit Up Step Ups Pull Ups |
| OVER/UNDER | Swing OVER mommy. Crawl UNDER the steps. Run OVER the bridge. | The swing is going OVER mommy. Mommy is UNDER the swing. Peek-a-boo! Mommy is UNDER you! | Modified Sit Ups Supported Swinging Swing Sit Ups Baby Superhumans |
| IN/OUT | Jump IN the sandbox. Crawl OUT of the tunnel. | I see you IN the tunnel. Now come OUT of the tunnel. Your water is IN my bag. Now I will take it OUT . | Warm Up Climb Cool Down |
| ON/OFF | Hang ON to the bar. Put ON your sneakers. Come OFF the swings. Sit ON the bench. | Mommy is standing ON the bench. Now she is OFF the bench. Let's put ON your sneakers. Then we can go to the park. | Step Ups Climb Bar Hangs Baby Hangs Supported Swinging |
| AROUND | Run AROUND the playground. Walk AROUND the sandbox. | Let's run AROUND together! Mommy is running AROUND . | Walk/Run |
| NEXT TO/BESIDE | Run NEXT TO mommy. Stand BESIDE the bench. | You are running BESIDE mommy. Mommy is NEXT TO the swing. | Walk/Run Supported Swinging Sit to Stand |
| THROUGH | Go THROUGH the tunnel. | You are crawling THROUGH the tunnel. We are walking THROUGH the park | Walk/Run |