

Workout Wednesday for Infants and Toddlers:

Stay active and entertained with your infants and toddlers using these six yoga poses:



Helpful tips:

- Demonstrate
- Invite them to try
- Show them the picture
- Explain what you are doing
- Help them if needed

Visit the following link for free printable pictures and more yoga tips to exercise with your infants and toddlers.

<https://nerdymamma.com/6-yoga-poses-toddlers-can-do-with-a-free-printable/>