



## Prenatal First Dance Handout JS21



Other songs I could play for this activity:

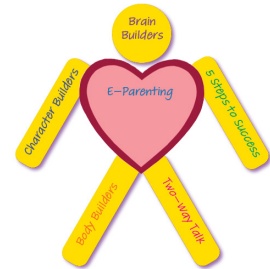
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Which Daily Do I want to focus on practicing:

- \_\_\_\_\_

When will I use this activity:

- \_\_\_\_\_
- \_\_\_\_\_



Who else can join me in dancing:

- \_\_\_\_\_

How to do this activity:

1. Find a device that plays music and play three different types of music for you and your baby to dance to.
2. As you play each song, dance in a different way. For example, you may place your hands on your stomach and sway side-to-side, rock back-and-forth, and stand up as you slowly bounce up and down.
3. As you dance to each song, listen to how your baby responds. You can do this by placing your hands on your tummy to see if you can feel their kicks, taps, or other movements.
4. Remember, you can also sing to your baby as you dance. They will enjoy hearing the sound of your voice. You can even invite other family members to join you as you dance and sing.