



Why Your 2 Year Old Should take a Dance Class.... :)

A child is never too young to start dancing! Dancing contributes to the development of a variety of fundamental skills in an 18 month to 2 year old child. The 18 month to 2 year old age group is now beginning to develop a sense of identity and personality, along with retaining information like a sponge! According to the Healthy Children Organization, that age group is now testing the limits of your rules and their own physical development! Putting your little one in a dance class will allow them to establish skills in social communication, teamwork, physical development, and cognitive thinking early on. There are various dance classes to choose from that will complement your child's specific age level and development!

Social Communication:

Social Communication is not easily achievable. Dancing can allow any child to break out of their shell and get loose with other children that are in their age group! An 18 month old kid is now understanding the concept of playing with other children. In order to teach a child how to appropriately play, they must be exposed to instructions and teamwork settings early on. Dance classes for 18 months to 2 year olds provides them the opportunity to be able to communicate and interact with other kids and teachers. These essential life skills can be developed now from dance classes, and be applied throughout their life!

Physical Development:

Trying to get a toddler to settle down is nearly impossible! This age group seems to always be jumping off the walls! At this point in development, 18 month olds have begun walking, and 2 year olds have officially mastered running! Dance classes, such as ballet class, benefits the development of coordination, strength, movement, motion and balance. The dance class for their age group utilizes multi-step movements that incorporate multiple muscle groups at the same time. Movement patterns require a child to use their entire body to reach a level of fitness that is unparalleled by other activities. Dance classes for 18 month to 2 year olds utilizes different types of dance to best benefit the development of your dancer! These 5 factors are tremendously crucial in the development of your child in order to stay safe while being active!

Cognitive Development:

According to the Healthy Children Organization, an 18 month to 2 year old child is now beginning to grasp the concept of instructions and rules. Cognitive development allows your child to reciprocate instructions and rules and act on them. However, many children within this age group have a hard time initially digesting this concept. Dance classes for 18 months to 2 year olds prioritize critical and cognitive development in order to combat this issue. Therefore, this age group requires a different style of learning compared to the older children. Children's dance teachers specialize in early development, and are able to connect dancing to the development of common knowledge and life skills. For example, some teachers of dance classes for 18 month to 2 year olds will have the children leap over a "river", usually a scarf or mat, so they don't get wet. This allows the children to understand essential skills while having fun! This knowledge may be common to us, but this age group is now beginning to develop these everyday skills! There is no better way to develop cognitive development skills than dancing and having a blast!

Social communication, physical development, and cognitive thinking have significant roles in the development of your child. Dance classes for 18 month olds to 2 year olds can remarkably contribute to the development of these life skills early on. This time frame is a great time to expose a child to dancing in order develop skills in teamwork, sharing, caring and communicating with other children and teachers. Who knew something as fun as dancing could have such a significant role in children's early development!