



*...for life and
for learning.*

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A not-for-profit organization,
serving the community
through the power of dance
since 1975.

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CDF Curriculum & Child Development Guide

Movement-to-Music for the Parent and Child

Your Toddler

Physical Development

- Walks
- Likes to run, but can't always stop and turn well
- Walks up steps with help
- Takes steps backward
- Gross motor activities predominate fine motor
- Love of motion – swinging, bouncing up & down, and vigorous motor activity
- Enjoys sensory activities

Social & Emotional Development

- Likes to imitate parents' actions
- Begins to show signs of independence
- Finds it difficult to wait
- Enjoys looking at picture books
- Extremely egocentric
- Pays more attention to teachers and other adults than to other children
- Extremely short attention span

Intellectual Development

- Talks to self and jabbers expressively
- Likes to choose between two objects
- Hums or tries to sing
- Listens to short rhymes or finger plays
- Points to eyes, ears, nose when asked
- Enjoys singing familiar songs

CDF's Movement-to-Music Curriculum for Parent & Toddler

- Provides an engaging, loving, environment where parent and toddler can experience the joy of movement and music together
- Encourages independence while still providing the security of a participating parent nearby
- Locomotor activities are experienced in mother's arms or holding hand as appropriate
- Use of story time using books about movement
- Rhythmic exploration using developmentally appropriate instruments
- Toddlers will begin to learn some of the basic songs and games that will be used in our movement-to-music classes.
- Props are used to encourage engagement in movement exploration activities