

Class Information

Positive....

Early
Encouragement
For all
Babies

All Babies in Training classes are facilitated by Pediatric Physical Therapists with extensive specialized training in Early Childhood Development.

Proactive....

Maximize
The natural
Developmental
Process

Pre-Registration is required to guarantee a spot in the class.

Contact IT4K by email at info@it4k.com or call 760-438-3300 for questions, cost and current class schedule.

Preventative....

Provide a
Strong Foundation
For your baby's
Nervous system

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Providing Exceptional
Services In San Diego
Since 1996



Babies in Training

Baby and Me
Parent Training Classes
For Enhanced Motor
Development



LEVEL 1: “The Nimble Newbies”

Newborns and infants, typically ages 0-3 months

- ★ Introduce positions for play
- ★ Review exercises for head control and vision development.

LEVEL 2: “The Rockin’ Rollers”

Infants, typically ages 3-5 months OR all babies learning to roll over

- ★ Practice exercises to learn to roll



All Babies in Training Classes will teach Parents/ Caregivers strategies to promote:

- ★ Fun “Sensory Priming” activities to increase baby’s body awareness during movement.
- ★ Encouraging strengthening of baby’s body with fun positions for play and “exercise”.
- ★ Support and enhance baby’s natural progression of age- appropriate gross motor milestones and play skills.



LEVEL 4: “The Creepy Crawlers”

Babies, typically ages 6-8 months OR all babies learning to creep and crawl.

- ★ Practice crawling on tummy, creeping on all-fours, and getting in and out of all-fours position



LEVEL 5: “The Steady Standers”

Babies, typically ages 8-10 months, OR all babies learning to stand.

- ★ Practice standing, balance and in and out of standing position

LEVEL 3: “The Super Sitters”

Babies, typically ages 4-6 months OR all babies learning to sit on their own

- ★ Practice exercises to sit and get in and out of sitting



LEVEL 6: “The Wobbly Walkers”

Babies, typically ages 10-12+ months, OR all babies learning to walk

- ★ Practice exercises to develop strength, balance, and independent walking skills