

The Born 2 Learn programme

The Kinetix Born2Learn programme is aimed at **stimulating babies**, ages 4months - 24months. The stimulation activities have been designed through **scientific research and knowledge**, to stimulate a variety of sensory systems that are developing through the different developmental stages of a baby, specifically in the **first two years** of their life. Research has indicated that by **stimulating a baby's senses** in the first few years of their life, it will have a positive outcome on the developmental areas that follow in the months and years ahead.

Areas of Development

The main areas of development include:

- gross motor development
- fine motor development
- sensory development
- academic success
- social skills



The programme has been designed to progress as the **child grows and develops**, to introduce various elements of **gross motor** skills, **fine motor** skills, attention and **concentration** as well as **visual motor integration** for later **academic success**. Lastly, the programme has also been designed to incorporate a variety of **recycled materials** used, instead of purchasing products and equipment from retailers. By reusing household materials, this allows the instructor to be creative and decorate the equipment for specific children.

Benefits for Baby

The Born2Learn programme is scientifically developed in order to create specific learning opportunities and to provide an fun and interactive environment for babies to explore and discover while developing.

The most notable benefits (4 - 18months):

- Holding, releasing and moving objects
- Interaction with different materials and textures
- Visual tracking
- Initiating rolling and tummy time
- Coordinating movement with both hands
- Coordinating hand and leg movements
- Tracking reaching and stacking objects
- Fine motor development
- Copying, motor planning and coordination

The most notable benefits (18 - 24months):

- Introduction to fundamental gross motor skills such as walking, hopping, reaching and climbing
- Hand eye coordination combined with bilateral coordination
- Fine motor development
- Reaction time and visual tracking development combined
- Balance development