

# BABY NINJAS

## FAQ SHEET FOR PARENTS

### DEAR NINJA PARENTS,

Welcome to Baby Ninja class! We are so grateful that you chose our facility to enhance your child's mental, physical, and social health. We are proud of our recreational programs, and our Baby Ninja class is no exception!

We have pulled together some tips and ideas that we would like for you to keep in mind as you enter the Baby Ninja program. These points are designed to enhance your experience, and for you to understand why we do what we do, and to also gather some insight regarding the progress you can expect from your children.

#### **1. What should my child wear?**

Your child should wear the uniform required by Ninja Sports International, the governing body that oversees NinjaZone Headquarters. The Baby Ninja program is a pillar of the NinjaZone program, thus, the required uniform applies. The uniform consists of a Baby Ninja Onesie for sizes 18 months - 24 months. Sizes 2T and 3T have a Baby Ninja T-shirt. Bottoms should be comfortable play clothes without zippers or buttons. If you have questions about sock or hair requirements, feel free to ask! Please see us at the front desk for uniform ordering info.

#### **2. A note about the Warm-Up:**

Warm-Up time can sometimes be the most difficult adjustment for children. In the beginning, it is very common for children to be hesitant to participate in the Warm-Up. This is perfectly normal. Just give it some time, and they'll get the hang of it in no time!

#### **3. How long before my child adjusts?**

It typically takes 3-4 classes (Sometimes more! No big deal!) for Baby Ninjas to become familiar with the process and comfortable with the Coach.

#### **4. What if my Baby Ninja can't sit still while the Ninja Coach demonstrates?**

No surprise here! We're teaching 18 month - 3 year olds! There is absolutely no need for you to worry. If your child has difficulty sitting still for the demonstrations (we keep them short and sweet!), remember this is completely normal and expected! This is simply another part of the learning process for these little ones. Do your best to keep them engaged and excited to watch, but if your Baby Ninja needs to stand or move around a bit, we encourage you to let it happen. Make it less about a power struggle, and more about having fun!

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### **5. Where should my child be during class?**

We do ask for the safety of your children and other children and grown-ups, that you do your best to keep your Ninja in the area that is presented, and within your arm's reach at all times.

### **6. Will there be free time for socialization?**

Yes! Toward the end of class, we have "Adventure Time," where your child may embark on their own Ninja Adventure in the Baby Ninja area! They may run the courses we presented in class, play on the equipment, make friends, and hang out with their Ninja Coach! This is an excellent opportunity for children to build relationships while having a great time! Again, for Adventure Time, we ask that you keep your baby within arm's reach to maintain safety.

### **7. What is the purpose of the class?**

The biggest component to the class is to teach structure and routine. Being introduced to structure is just as important as learning skills for children this age. Your Baby Ninjas will also learn fundamental skills, which will allow them to progress through the program and into Lil' Ninjas when they are old enough to move up. As a parent, we encourage you to not put too much emphasis on the skills- we're all about structure, socialization, play, and most importantly- FUN!