



INSIDE SCOOP

Sweet deal

In Sunday's Scene section, food writer Natalie Mikles interviewed a former Tulsa woman who started a cookie company — Ellie & Ollie Cookies — named after her two children. With luscious flavors like cinnamon toast and key lime crackle, they're hard to resist. Find her story at www.tulsaworld.com.



Kid fare

Dwayne "The Rock" Johnson and Madison Pettis star in "The Game Plan," a kid-friendly Disney football movie that comes out on DVD Tuesday.

Tulsa World movie reviewer James Vance gave the PG-rated film two stars, writing that even though we've seen the familiar plot time and again, this version has an "energy and freshness."

Puppy love

If you have a Labrador retriever, you're far from alone in the country, says the American Kennel Club.

According to a list of its 2007 registration features, Labs are the most popular breed of dogs in the country, followed by Yorkshire terriers and German shepherds.

The AKC also broke down the top dogs in 50 cities — including Oklahoma City. The Labrador retriever is the most popular dog, followed by the Yorkshire terrier, miniature schnauzer, German shepherd and boxer in the top five. For more, go to www.tulsaworld.com/akc.



2007 Most Popular Dogs in the U.S.

1. Labrador retriever
2. Yorkshire terrier
3. German shepherd
4. Golden retriever
5. Beagle
6. Boxer
7. Dachshund
8. Poodle
9. Shih Tzu
10. Bulldog



Photos by CORY YOUNG / Tulsa World

Jaxon Davis and his mom Carolyn Davis participate in the Tushie Touches exercise during the Diaper Yoga class at Natural Lullabies. The infant yoga classes are relaxing for both mother and child.

Diaper yoga

Class offers benefits for baby and mom

By MIKE AVERILL
World Scene Writer

diaper yoga

The age at which some people are beginning to practice yoga is getting younger — much younger.

Natural Lullabies Pregnancy and Family Resource Center offers Diaper Yoga, a six-week program for babies ages 3 months to 2 years old, that features traditional yoga poses that have been modified for small children.

Stories and playtime also are involved to help get the children relaxed, said Melissa Morrill, owner of Natural Lullabies.

"Some of the things we've seen are less fussiness and less gas in their tummies," she said. "Our hope is that the mothers will use these poses to help relax their babies at home."

Other benefits include better sleep cycles, increased body awareness and bonding and family togetherness, she said.

Natural Lullabies also offers a Mommy and Me yoga class that's designed for the moms.

When some of the moms started asking about poses for their children, Morrill decided to do some research and began developing the child-centered class.

The classes focus on about 25 to 30 poses including the butterfly and boat poses.

"We do these drops, called the Divine Drop, where you hold the baby close to the chest and drop into a squat. The babies squeal with laughter," Morrill said. "We've also incorporated infant massage where you massage different body parts each week."

This is the only baby yoga class in the area, Morrill said, but it's more common in larger cities on the East Coast.

"There's not a lot of people out there doing this," she said. "It's a lot of fun and something different."

Each class is 45 minutes long and the focus is more on creating awareness than teaching flexibility.

"Babies are naturally flexible. They aren't really aware of what

When
6 p.m. Thursdays, 10:30 a.m. Fridays

Where
Natural Lullabies, 8210A S. Harvard Ave.

Cost
\$45 for six-week session, \$35 for members

For more: Call 488-9969 or go online to www.tulsaworld.com/diaper yoga

their hands are or what they do," Morrill said. "We work on creating awareness and having fun."

One of the biggest ways the babies benefit from the classes is the contact with their mom.

"Babies develop more when they have one-on-one face time," she said.

Theresa Horton, pediatric physician with Utica Park Clinic Owasso, said that in addition to the immediate benefits — such as babies being less fussy and gassy — there are also long-term benefits to infant yoga.

"Over a longer period of time, those babies will usually have better balance, be stronger and maintain the flexibility babies are born with," she said.

Infant yoga needs to be done on the baby's schedule.

"Yoga is a calming thing, but if the baby is not in the mood, don't force it," she said. "This helps moms become more in tune with their babies by learning to follow the cues from the baby."

Amanda Anderson said Diaper Yoga is helping her son, Hamilton, develop his coordination.

"He's only 9 months old and he's pulling himself up and steadying himself. I think this has a lot to do with that," she said.

She also said the classes provide good social interaction for both the children and the moms.

"He likes seeing the other kids and it's a good environment to meet other moms with the same goals and ideas on parenting," she said.

"It's something I can do with him to relax and meet other mommies."

Mike Averill 581-8489
mike.averill@tulsaworld.com



Amanda Anderson raises her 9-month-old son Hamilton Anderson's arms during the I Love You exercise at the infant yoga class.



Melissa Morrill lifts Owen Fritts' legs during the Doodle Bug exercise. Morrill said infant yoga helps babies be less fussy.