

RESOURCES

for parents who dance

dancemama.org/resources



THANK YOU

I am so grateful that you have taken part in today's session. We hope this has helped enhance your knowledge working as a professional who may be a parent as well as one who may be working with parents in the general public.

Please find here some key resources that are good to familiarise yourself with following this session:

OUR SITES



dancemama.org



istd.org

FREE ONLINE COURSES



This Mum Moves Physical Activity Awareness Raising Sessions with Dance Mama - next session 23.10.22 - sign up using the form below
<https://forms.gle/CIVxppo9LKEXA7sY6>



20 minute e-learning module which sits alongside the 'Physical Activity and Health' e-learning programme developed by Public Health England
<https://portal.e-lfh.org.uk/Component/Details/604251>

ONLINE RESOURCES



One Dance UK's Pregnancy Factsheet
<https://www.onedanceuk.org/wp-content/uploads/2017/11/DUK-Info-Sheet-19-Pregnancy-information-for-dancers.pdf>



Find Your Active: Dancing - part of a series of resources made for the general public by Active Pregnancy Foundation, contributed to by Dance Mama Founder/CEO, Lucy McCrudden
<https://www.activepregnancyfoundation.org/findyouractive-dancing>



UK Sport Pregnancy Guidance & Support for UK Sport Funded Athletes - available from their website
<https://www.uksport.gov.uk>

MADE FOR DANCE

There are many resources on dancemama.org

- Dance Mama's unique site of information signposting you to research, articles and over 70 case study stories
- Dance Mama Live! (supported by Arts Council England) a collection 20 hours of webinars and workshops delivered over 2021 FREE to access
- Mentor Mama - 121 and group bespoke mentoring
- Dance Mama podcast on Spotify
- Lucy McCrudden's (Founder/CEO) TEDx talk, 'Keeping Parents in Dance Centre Stage'
- More workshops, course and weekly classes designed for dancing parents.

sign up to our site for regular updates!