

# Mommy & Me

For preschoolers with special needs

## Mommy & Me

Riding with HEART is now offering a Mommy & Me program for Preschoolers with Special Needs. The class will be taught by a PATH certified instructor and will combine playing games and singing songs while riding a pony. Moms will be taught how to walk beside the pony and interact along with their child. What a fun way for children who have speech/ language delays, Autism, ADD/ ADHD, Cerebral Palsy, cognitive delays or low muscle tone to have a Mommy & Me activity just for them!



The goal of RWH's Mommy & Me program is to provide a unique, fun and rewarding experience for mother and child with special needs. There is evidence that riding a horse greatly enhances the lives of individuals with special needs. According to PATH International, the global authority in equine assisted activities and therapies, the multi-dimensional rhythmic motion, shape, warmth and inherently motivating quality of the horse can be helpful to people with cerebral palsy and other physical challenges. Incorporating songs and movements along with the rhythmic movement of the horse will enhance language development, social skills, sequencing, sensory processing, proprioception and more. This 30-minute class will be a fun and rewarding experience you and your child will look forward to attending each week.

**Where:** Riding with HEART  
639 C.R. 513  
Pittstown, NJ 08867

**Times:** Tuesday's 10:30 AM or 1:00 PM

**Other:**

- Early Spring session (3/12 - 4/2)...4 weeks- \$120
- Spring Session (4/9-6/11)..... 10 weeks- \$300
- Classes limited to 4

Riding with HEART- Hunterdon Equine Assisted Recreation and Therapy is a non-profit organization that provides equine assisted activities and therapies to children and adults with special needs. Riding with HEART is located in Pittstown New Jersey on 30 Green Acres preserved farmland. Riding with HEART is a PATH Intl. Member Center and our lessons are taught by PATH certified instructors.

Contact: Chris (908) 735-5912 or

[programs@ridingwithheart.org](mailto:programs@ridingwithheart.org)

[www.ridingwithheart.org](http://www.ridingwithheart.org)



**RIDING WITH HEART**  
Hunterdon Equine Assisted  
Recreation and Therapy