



F.A.Q.'s

What is Kid Partners?

Kid Partners, Inc. is a pediatric therapy company, owned by a speech-language therapist (Melissa Huse), and occupational therapist (Tracy Coleman). In addition, several part-time Kid Partners therapists provide speech-language, occupational, physical, feeding, and developmental therapies for children of all ages, primarily in children's homes and some schools around the St. Louis area.

What is Yoga?

Yoga is the mind, the body, and the breath working together in harmony. Yoga is a mindful way to exercise, relieve stress in this hectic world, and find inner peace and confidence. Melissa LOVES yoga! In addition to using yoga as stress relief and exercise in her own life, she found she was using yoga poses and breathing principles in some of her therapy sessions with kids as a way to help them calm, focus, and strengthen their bodies.

What is Kid Partners Yoga?

It's YOGA THE KIDS WAY! Our Kid Partners Yoga program allows Melissa to share her passion for yoga and help children with or without special needs and their families to experience its many benefits. Yoga is such a fun way for kids to learn to calm & concentrate, increase their strength, balance, & coordination, and more! In Kid Partners Yoga classes, we use breathing activities, yoga poses, music, movement games, and relaxation to help children learn ways to find focus and calmness, and to promote positive feelings about themselves and their world. Yoga can help kids be more confident and comfortable with their bodies and the way they move!

How does Yoga help kids with special needs?

Our classes are for children of all abilities, and we will help each child participate as fully as possible. Children with lower muscle tone find Yoga an energetic way to strengthen their muscles and joints. Kids on the autism spectrum or that have sensory integration differences love the way yoga gives them strategies to calm themselves and enjoy the input to their muscles and joints. Children with higher muscle tone benefit from yoga poses that help lengthen and relax tight muscles. ALL kids love the FUN, the games, the music, and the opportunity to play and interact with other children.

I can see "Bigger Kids" doing yoga, but what's in it for Toddlers?

Lots of things, actually! Some of the benefits include better listening and expressive skills, feeling calmer and having fewer tantrums, feeling good about themselves and what their bodies can do, practicing social skills as they watch and interact with other kiddos, and improving overall motor skills. And besides all that, it's just plain FUN!

What qualifies Melissa to teach yoga to kids with special needs?

Melissa has completed a total of 94 hours in yoga training, most in Yoga for Kids! This includes a 35 hour certification training with Yoga to Grow, a 15 hour training in Yoga and Pilates for the Child with Special Needs, a 14 hour Kids Yoga Guide training, and a 30 hour Yogafit Level 1 course (for teens and adults). She also has a Master's degree in Communication Sciences and Disorders, and has 20 years experience as a pediatric speech-language therapist.

Who do I contact with other questions about Kid Partners Yoga?

Melissa Huse, M.A., CCC-SLP, CYTG

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