

# FOALS 1

## Welcome Foals 1

We are excited about the start of the new school year.

Fall brings a change in the air, colorful swirling leaves and joyous holiday celebrations. We are excited about the next few months and look forward to welcoming our new friends and their families to Foals 1.

During floor time we will take the opportunity to talk about our favorite unit, *family*. We will spend a lot of time looking at pictures of our families and talking about them. We will make a fun family collage.

An important developmental activity that we will do is mirror play. Mirrors are a wonderful learning tool, used to encourage exploration and aid in their development. Infants love looking at their reflection and notice how they

react. Do they try to touch the baby in the mirror or smile at them? We talk to them about who they are seeing and they learn so much from making facial expressions, seeing their reaction and building on language development. Another activity we use with the mirror is having the babies doing tummy time in front of the mirror.

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### LEARNING AS THEY GROW

Tummy time strengthens your baby's back and neck while lifting his/her head, legs, and arms. It is the pre-step to crawling. Soon you may notice his/her arms straightening and elbows lifting briefly off the floor, preparing the muscles to carry weight in crawling. Crawling is an important motor milestone because it requires alternating movements of both sides of the body.

During feeding time as our babies grow, we practice putting their hands on the bottle to eventually learn to self-feed. And once your child is 4 months old, he or she will get exercise time in the exersaucers. You will see that hard work pays off as your child builds muscles and gets mobile first by pushing up and rolling, later by crawling, scooting, and walking. We speak gently to infants throughout the day during routines such as diapering and feeding in both Spanish and English to introduce both lan-

guages at this important developmental stage. We try to incorporate additional words into their day to expand their vocabulary by describing what we are doing,



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### CLOSING OUT THE YEAR

As we end the year, our themes for December are Holiday Traditions, Children and Cultures from Around the World. This month we will use our pictures to show to the babies during our story reading. We like to post family pictures in our cribs, too. For art we will sponge paint a tree and finger paint a wreath.

Babies are a blessing, and we look forward to having yours in our classroom as we work with them encouraging new milestones.

Please make sure to label everything with his or her name. If you have any questions or concerns, please do not hesitate to ask.

Thank You, Foals 1 Teachers

