



FOALS 2

We are bringing in the new year in Foals 2, and there is a lot of learning and growing in store over the next few months. We are excited your baby will be a part of it. Maintaining your child's daily schedule is a big part of development

in our classroom, and our teachers enhance the learning experience by including activities to support that development. Feelings are a key theme we will be focusing on in the coming months, and we all know most babies have no problem expressing feelings. Singing songs about feelings - *If You are Happy and You Know It* and *How Are You?* Emotions song. Reading books such as *Making Faces* and *Calm-Down Time* are fun activities we have in store to teach your baby about feelings.

In Foals 2 we go with the flow but also try to stick to our lesson plans. We encourage our parents to try some of our units at home as well. These become very fun, and it is a great feeling to see your child intrigued with the activities. In our lesson plans we incorporate sensory activities; this helps with feedings as well. Language activities are also part of lesson plans, such as reading, singing, sign language and even other languages. The activities are endless, and it's always such a joy to see your child show interest.



MOVING AND GROOVING

Big changes are always afoot in Foals 2, and one of the most common changes is your baby's mobility. Babies can go from limited mobility to almost running during their time in our class, and we strive to support and encourage every stage of their motor development. Please don't be discouraged if your child isn't walking yet and others are. We all grow at our own pace and have so much to learn.

While babies may progress at different rates, the following are some of the common milestones your baby may reach in Foals 2:

- Rolls over easily
- Sits leaning forward on hands, then unsupported.
- Bounces when supported to stand.
- Gets on hands and feet and rocks back and forth.
- May creep, scoot, crawl
- Begins to pull up to stand.
- Pulls up to a standing position.
- Can sit back down from standing position.
- Cruises or walks around holding onto furniture.
- May stand next to furniture without holding on.
- May walk holding on to your finger or hand.
- May begin to take steps and walk on own.

STAYING CONNECTED

Communication is vital in any relationship, and as teachers we would like to make sure we have all lines of communication open to you pertaining to your child. Please feel free to contact us with any questions, concerns, or comments by calling Rocking Horse Academy directly or emailing us at Foals2@rockinghorseacademy.com. As your Foals 2 lead teacher, I try my best to make myself available during your child's drop-off to discuss any matters. As drop-off time is a little different for now, please ask up front if you would like to speak with me, and I will come to the front. Also please be assured in any case, all teachers in Foals 2 are here to assist you as well. We are so grateful to have you and your child as part of our class and look forward to more learning and growing in Foals 2.