

# Ready, set Summertime!

We are looking forward to a world of fun, learning, and growing these next few months in Foals 2. Let the adventures begin!

Summer will be in full swing as we focus on the Ocean and Beach as part of our monthly themes. Beach ball rolling will improve your baby's gross motor skills. Chasing after the ball and trying to catch or hold it gets those large muscles moving and helps your baby gain strength and confidence in his/her body. "Sand castle" stacking cups skills promote cognitive development; they'll have to concentrate on carefully stacking them and use problem-solving skills to work out how to build the stack without it toppling. These activities are very easy to recreate at home to further support your growing baby's development. It's not just playing, it's learning! Sensory bottles filled with water and

beach elements will nourish social and emotional development. We have an array of books to boost language development along with our Summer Fun theme with our favorites being "Baby Beluga" and "Baby Loves Summer". Foals 2 babies will discover all the best parts about summer while their creative expression and sensory development flourish with fun art activities: making bright yellow suns with our hands and finger paint as well as watermelons, and hot air balloons.

# Foals 2

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We will be sure to journey outdoors to our atrium, as long as we are able to, so all our babies can have a little fun in the sun as well. Don't forget the sunblock lotion (no sprays)! You apply in the mornings before school. We will apply in the afternoons before we go for a walk or to the atrium. You must provide the sunscreen with a permission notice.

## TEETHING TRIBULATIONS

Teething is a common occurrence among our Foals 2 babies and can cause some discomfort for your little one. Baby teeth, which can appear from as young as 3 months or even as old as 12 to 14 months, will start to grow and eventually have to break through the gums. Symptoms often show up about three to five days before the tooth is visible.

\*Common signs of teething and soothing suggestions:

- More biting.** Teething babies may bite on their toys or even friends to help relieve the pressure they feel on their gums. **Offering a chilled teething toy can curtail the urge to bite while soothing their gums.**
- Loss of appetite.** Babies may lose their appetite or refuse to eat and drink because their mouth hurts. **Give your baby chilled fruit to help with teething relief and encourage appetite.** (To help prevent choking, place the fruit in a mesh feeder, and give that to your baby to lick or suck on.)
- More drooling.** Excessive drooling may cause a mild rash around the baby's mouth, chin and chest. **Wipe the drool away to prevent irritation.** Gently wipe often enough to help prevent any rash or irritation, but not so often that you create additional irritation.
- Irritability.** Don't be surprised if your little one is fussy or cranky when new teeth are on their way. Those sore gums that come with teething are likely to make your baby feel more than a little irritable. **Keeping your teething baby distracted or comforting her/him with snuggling can sometimes help with the pain.**
- Teething fever.** It's possible that a baby who is teething may have a slightly elevated body temperature, known as teething fever. However, a true fever – a temperature over 100.4 degrees Fahrenheit – is not associated with teething and could be the sign of an illness or infection that may require treatment. **Contact your healthcare provider if your baby is clearly uncomfortable, if the fever persists or is greater than 100.4 degrees Fahrenheit, or if your baby has any other symptoms of illness.**

## REMINDERS

Parents, please always remember to label every item you are sending to school with your child. We have several students with the same items, and we want to make sure they all get sent back home. Diapers, wipes, formula containers, infant food and cereal, clothing and so on. These items can get switched with another child if not properly labeled. This is very important that they are.

As your children are growing in Foals 2, now is a great time to start exploring foods. We ask they try everything at home first, then bring it to school. Sippy cups are also a great developmental achievement we want to accomplish before moving up to the next class. Please feel free to contact us through Tadpoles, phone or our email at any time.

Phone calls are always the best morning time before 10:00 and afternoons around 1:00.