

# FOALS 1

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## We've Only Just Begun

I want to welcome all the new families to Foals 1. Our class is looking forward to the start of a new school year with new and exciting challenges as the learning never ends in Foals 1.

At this age every minute is a learning experience, and in our class, we like to make sure those moments are also filled with fun. In Foals 1 we keep the learning flowing as we discover our school, classroom, and friends through play.

An important developmental activity that we will do is mirror play. Mirrors are a wonderful learning tool, used to encourage exploration 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. Tummy time strengthens your baby's back and neck while lifting his/her head, legs, and arms.

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 family collage.

Fall brings colorful leaves, and we will make a fall tree with our handprints using the colors yellow, red, orange, and brown.

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 exercisauers. 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 language at this important development stage. We try to incorporate additional words into their day to expand their vocabulary by describing what we are doing.

As we end the year with the holiday season Foals 1 will be busy with art projects. We will sponge paint a Christmas tree green, finger paint a wreath and paint Christmas ornaments.

As always, our babies are learning about themselves their world and their abilities, we are here to help and encourage them to reach their goals. If you have questions comments suggestions or concerns, please feel to contact us.

